Panasonic

Microwave Oven
Operation Guide & Cookbook

Model Numbers:

NN-S786 / NN-S686 / NN-S676 / NN-S646
NN-S576 / NN-S566 / NN-S546
NN-S687 / NN-T687

We are glad you have chosen to purchase a PANASONIC microwave oven. Before operating this oven, please read these instructions carefully and completely, and keep them for further reference.

If you have never used a microwave oven before, you will realise that a microwave oven uses a totally different method of converting energy into heat. This requires an understanding of what exactly happens to food when placed in the oven.
After reading the introductory chapter, I am sure you will be able to master the basic technique and thereby develop a firm understanding of your new oven. This book includes recipes from starters to desserts. After trying our recipes be sure to adapt your favourite recipes to microwave methods.

Start experimenting now, and enjoy the first class results you will achieve by using your new microwave oven.

Kim Vartiainen
Home Economist

Kyla Italiano
Consultant Food Economist

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The serial number of this product may be found on the left side of the control panel. You should note the model number and serial number of this oven in the space provided and retain this book as a permanent record of your purchase for future reference.

MODEL NUMBER _____
SERIAL NUMBER _____
DATE OF PURCHASE
_____

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Safety Instructions

Precautions to be taken when using Microwave Ovens for Heating foodstuffs

INSPECTION FOR DAMAGE. A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The grille is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. The door seals are neither covered with food nor have large burn marks.

PRECAUTIONS. Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through a grille or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with trays or cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in microwave ovens.
   Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.

WARNING

a) The door seals and door seal areas should be cleaned with a damp cloth. The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a qualified service technician trained by the manufacturer.
b) It is dangerous for anyone other than a qualified service technician trained by the manufacturer to perform repair services.
c) If the supply cord of this appliance is damaged, it must be replaced by the special cord available only from the manufacturer.
d) Before use, the user should check that utensils are suitable for use in microwave ovens.

Important Instructions

WARNING — To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

1. Read all instructions before using the microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars **and sealed baby bottles with teat**) - may explode and should not be heated in the microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven if it is not working properly or if it has been damaged or dropped.
6. To reduce the risk of fire in the oven cavity:
   (a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
   (b) Remove wire twist-ties from bags before placing bag in oven.
   (c) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.

Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with a cord having an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.
WARNING — Improper use of the earthing plug can result in a risk of electric shock.

WE CERTIFY THAT THIS MICROWAVE OVEN HAS BEEN INSPECTED AND COMPLIES WITH THE REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2), OF THE MICROWAVE OVENS REGULATIONS 1982.
MATSUSHITA ELECTRICAL INDUSTRIAL CO.,LTD.

(This statement applicable only to New Zealand.)

We certify that this microwave oven has been inspected and complies with the safety requirements of government notice 466 of March 1981, and complies with the Radio Regulation of government notice 587 of March 1986.

(This statement applicable only to South Africa)

Installation and General Instructions

General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.
2. If a fire occurs in the oven, touch the ***STOP/RESET*** Pad and Leave Door Closed. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. Do not dry clothes, newspapers or other materials in oven. They may catch on fire.
4. Do not use recycled paper products, as they may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike the control panel. Damage to controls may occur.
7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to the glass tray. The glass tray can be very hot after removing the cooking container from the oven.
8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
9. Do not cook food directly on glass tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. **Do NOT** use this oven to heat chemicals or other non-food products. **Do NOT** clean this oven with any product that is labelled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**

Placement of Oven

1. The oven must be placed on a flat, stable surface. For correct operation, the oven must have sufficient air flow. **Allow 15 cm of space at the top of the oven, allow 10 cm of space at back, and 5 cm on both sides. Do not remove feet.**
   a. Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
   b. Do not place oven near a hot or damp surface such as a gas stove, electric range **or sink etc.**
   c. Do not operate oven when room humidity is too high.
2. This oven was manufactured for household use only.
3. These ovens may be built into a wall cabinet, if desired. Trim kits may be purchased from a local Panasonic dealer. See page 79 for technical specifications.

Circuits

Your microwave oven should be operated on a separate 220 - 240 V 10 A circuit from other appliances. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell (unless otherwise stated in Cooking Guide section). Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages, in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over the hot liquid. To prevent this possibility the following steps should be taken:
   a) Avoid using straight-sided containers with narrow necks.
   b) Do not overheat.
   c) Stir liquid before placing container in oven and halfway through cooking time.
   d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. it is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the Cooking Guide section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn in a microwave oven. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your microwave oven. NEVER leave oven unattended when popping popcorn.
10. Look at the oven from time to time when food is heated or cooked in disposal containers of plastic, paper or other combustible materials.

Microwaves and How They Work

Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB. They are similar to a television where the radio waves are converted to a picture on the screen. However, microwaves are much shorter than radio waves; approximately twelve centimetres wave length. Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).

From the magnetron tube, microwave energy is transmitted to the oven cavity through a small plastic covered piece. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food losing half of their power every two to three centimetres. Continued cooking to the centre occurs by conduction.

Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.

When microwaves come in contact with a substance, any one or combination of three things may occur. They can be:

1. REFLECTED
2. TRANSMITTED
3. ABSORBED

Reflection:

Metal substances REFLECT microwave energy and because there is no absorption there is no heating. This is why the oven interior is either stainless steel or epoxy-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

Transmission:

Such substances as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

Absorption:

Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by the vibration, produces heat energy which is conducted throughout the food.

Cookware and Utensil Guide

It is important to use the correct container when cooking in a microwave oven. The following will help you make the right selection.

How to Test a Container for Safe Microwave Oven Use

Fill a 1-cup glass measure with water and place it in the microwave oven along with the container to be tested. Heat one minute on HIGH. If the container is microwave oven safe, it should remain comfortably cool and the water should be hot. If the container becomes very hot, it has absorbed some microwave energy and should not be used. This test cannot be used for plastic containers.

Paper Products and Freezer Wrap

Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towel, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

Glass, Ceramic and China

Heat-Resistant glass cookware is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

Dinnerware can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting microwave dish test previously mentioned.

Several types of glassware and dinnerware are not recommended for use in the Microwave Oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

Plastics

Plastic dishes, cups and some freezer containers should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and may scorch. The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking times. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on HIGH power. These dishes, although not suitable for extended cooking, may be used successfully for defrosting or for use on lower power levels.

Cooking Bags designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturer's directions. When cooking by microwave, DO NOT use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks).

DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.

Plastic Wrap such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers", as well as any glass lid, be careful to remove it away from you to avoid steam burns.

Loosen plastic but let dish stand covered.

Browning Dishes

Browning dishes are used to sear chops, meat patties, steaks, etc. A special coating on the bottom of the dish absorbs the microwave energy and becomes very hot. When foods are added to the dish, the result is a seared effect. Preheat the dish according to the manufacturer's directions. Add food to be seared and heat according to recipe or personal preference.

Use pot holders to remove the dish from Microwave Oven. Do not use the browning dish on or in a conventional stove.

Remember:

Food can be covered with a loose sheet of absorbent towel to prevent splattering.

Do not attempt to deep fry in the browning dish or microwave oven as you cannot control the temperature of the oil.

Note:

Browning dishes are no longer available. This information is being supplied to assist people who own browning dishes.

Metal

Metal cookware or utensils, or those with metallic trim, should NOT be used on microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also a possibility of "arcing."

Although metal utensils should be avoided in microwave cooking, some metal can be helpful when used correctly.

Aluminum foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to cover areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven, otherwise arcing may occur. Foil lined containers, either cardboard or plastic, should NOT be used on the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should NOT be used in the microwave oven.

Frozen dinner trays can be used on microwave, if the container is no deeper than 2 cm and is filled with food. Metal skewers can not be used in microwave ovens as arcing may occur. Wooden skewers are readily available and give the same result.

Shells: Scalloped baking shells are best used during reheating and for short periods of cooking time only.

Thermometers are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking in the microwave oven.

Jars and Bottles

Jars and Bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

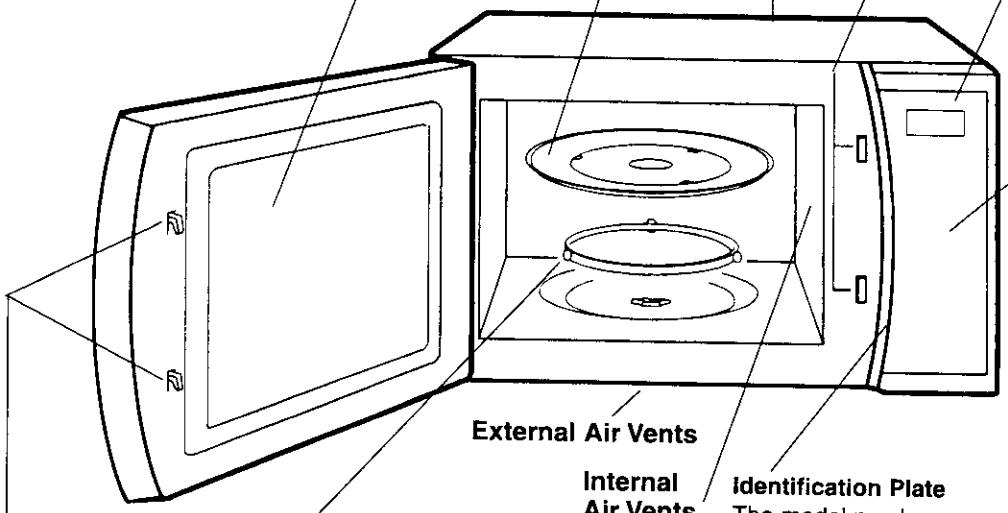
Straw, Wicker and Wood

Straw and wicker baskets may be used in the microwave oven for short periods of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

Feature Diagram

Glass Tray

1. Do not operate the oven without the Roller Ring and Glass Tray in place.
2. Only use the Glass Tray specifically designed for this oven. Do not substitute any other glass tray.
3. If Glass Tray is hot, allow to cool before cleaning or placing in water.
4. **Do not** cook directly on Glass Tray. Always place food in a microwave-safe dish, or on a rack set in a microwave-safe dish.
5. If food or utensils on Glass Tray touch oven walls, causing the tray to stop moving, the tray will automatically rotate in opposite direction. This is normal.
6. Glass Tray can rotate in either direction.



Identification Plate
The model number and serial number are displayed here.

Roller Ring

1. Roller Ring and oven floor should be cleaned frequently to prevent excessive noise.
2. Roller Ring must always be used together with Glass Tray for cooking.

Door Safety Lock System

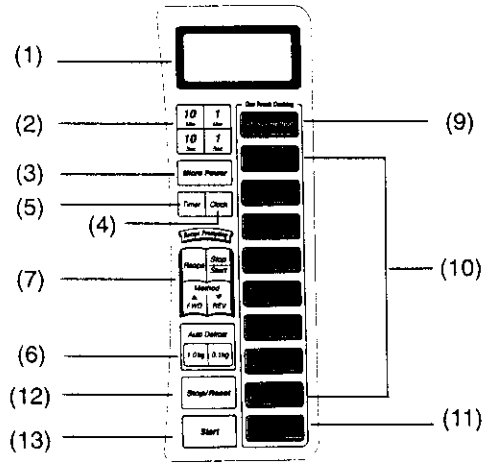
Pull Open Door

Pull to open the door.
Opening the door during cooking will stop the cooking process without cancelling the programme. Cooking resumes as soon as the door is closed and ***Start*** Pad is pressed. The oven light will stay on or turn on whenever the door is opened. It is quite safe to open the door at any time during a cooking programme. There is no risk of microwave exposure.

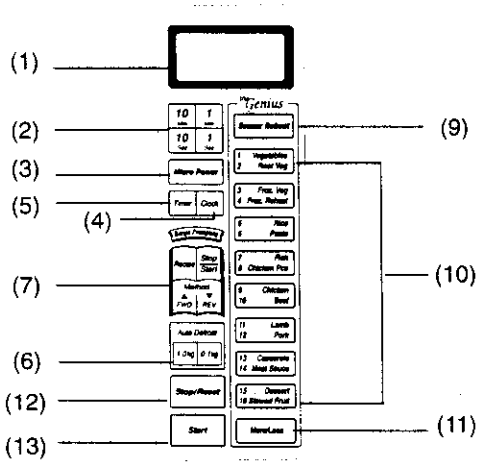
Control Panels

*Your Control Panel design might be different from the illustrations in this book.

NN-S786 / NN-S686



NN-T687



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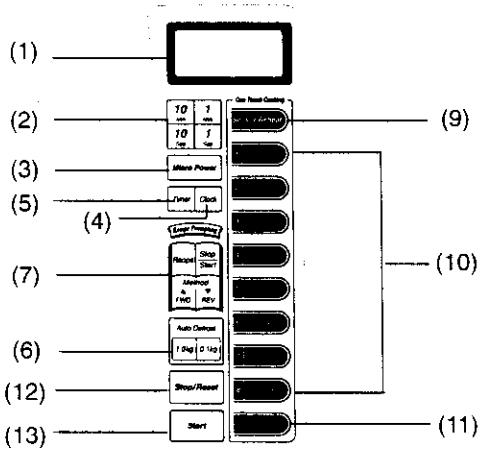
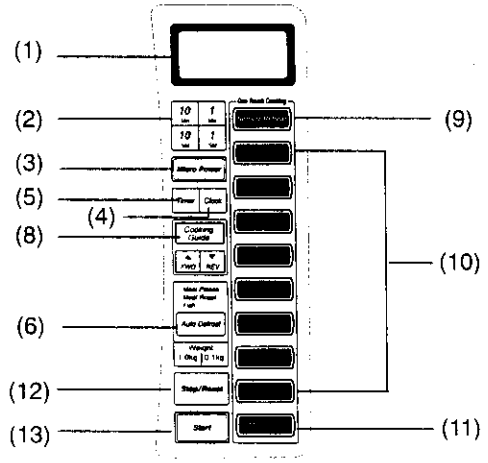


NN-S576



(1) Display Window
(2) Time Pads
(3) Micro Power Pad (p 12)
(4) Clock Pad (p 10)
(5) Timer Pad (p 28)
(6) Auto Defrost Pad(s) (p 14)
(7) Recipe Prompting Pads (p 29)
(8) Cooking Guide Pad (p 16)
(9) Sensor Reheat Pad (p 23)
(10) One Touch (Genius) Cooking Pads (p 22-23)
(11) More/Less Pad (p 22)

(12) Stop/Reset Pad

Before cooking: One tap clears your instructions.

During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and time of day appears in the Display Window.

(13) Start Pad

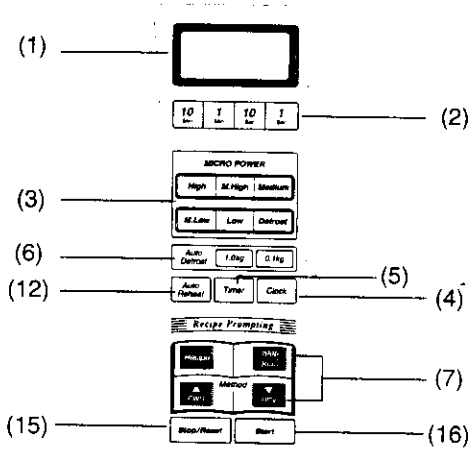
One tap allows oven to begin functioning. If door is opened or ***STOP/RESET*** Pad is pressed once during oven operation, ***START*** Pad must again be pressed to restart oven.

Word Prompters:

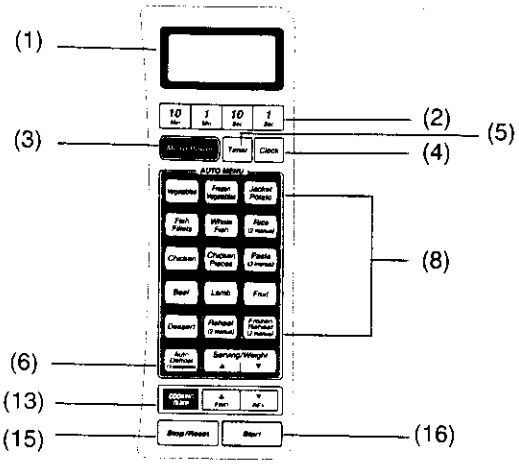
When pads are pressed, a beep sound is heard and the corresponding letter or word(s) appear and roll across the window. If a pad is pressed and no beep is heard, the unit does not or cannot accept the instruction. As each pad is pressed the corresponding word(s) roll across the window. Words will automatically appear to prompt the user to perform the next step. It is not necessary to wait for the words to appear before pressing pads for the next step. A two beep sound is heard between stages. At the end of any complete programme, the oven will beep five times and "ENJOY YOUR MEAL" will appear in the Display Window.

Control Panels

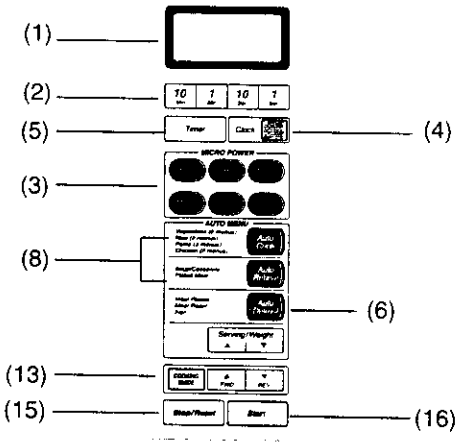
NN-S646



NN-S566



NN-S546



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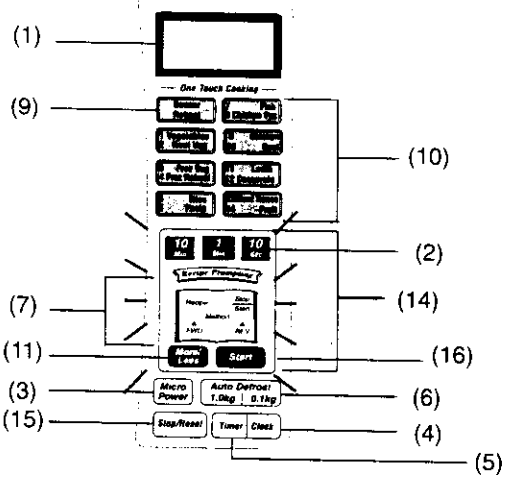

(1) Display Window
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(4) Clock Pad (p 10)
(5) Timer Pad (p 28)
(6) Auto Defrost Pad (p 14)
(7) Recipe Prompting Pads (p 29)
(8) Auto Menu Pad(s) (p 16-17)
(9) Sensor Reheat Pad (p 23)
(10) One Touch Cooking Pads (p 22-23)
(11) More/Less Pad (p 22)
(12) Auto Reheat Pad (p 27)
(13) Cooking Guide Pad (p 16)
(14) Illuminated Touch Guide
(15) Stop/Reset Pad

Before cooking: One tap clears your instructions.
During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and time of day appears in the Display Window.

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Word Prompters:

When pads are pressed, a beep sound is heard and the corresponding letter or word(s) appear and roll across the window. If a pad is pressed and no beep is heard, the unit does not or cannot accept the instruction. As each pad is pressed the corresponding word(s) roll across the window. Words will automatically appear to prompt the user to perform the next step. It is not necessary to wait for the words to appear before pressing pads for the next step. A two beep sound is heard between stages. At the end of any complete programme, the oven will beep five times and "ENJOY YOUR MEAL" will appear in the Display Window.

Let's Start To Use Your Oven

1 Plug in

Plug into a properly earthed electrical outlet.
"WELCOME TO WORD PROMPTING" appears in the Display Window.
For NN-S687 – "WELCOME TO PANASONIC MICROWAVE OVEN COOKING" appears in the Display Window. (This will immediately cease when any pad is pressed)

2 Pull Door

Open the door and place the food on Glass Tray in the oven. Then close the door.

3 Select Power Level

NN-S786 / NN-S686 / NN-S676
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e.g. MEDIUM POWER

Press ***Micro Power*** pad four times.

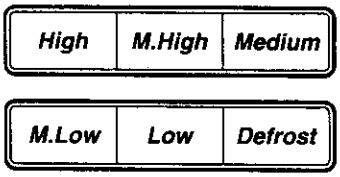
(see page 12 for Micro Power chart)

Press

NN-S646 / NN-S546

Press the pad of your desired power.
e.g. MEDIUM power – press ***Medium***

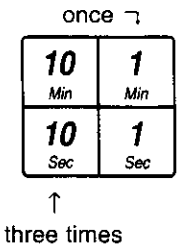
Press



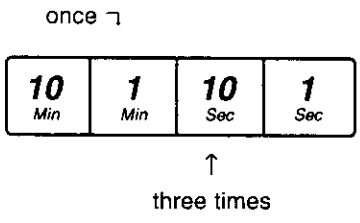
4 Set Time

Press Time Pad e.g. 1 minute 30 seconds

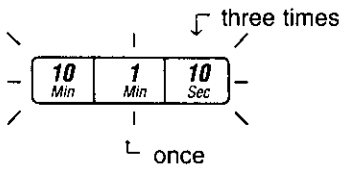
NN-S786 / NN-S686 / NN-S676 / NN-S576 / NN-T687



NN-S646 / NN-S566 / NN-S546

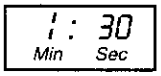


NN-S687 (Time Pads Flash)



5 Press Start

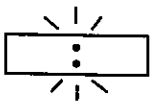
Verify your selection(s) in the Display Window.



You can use the oven without setting the clock.

1 Press [Clock]

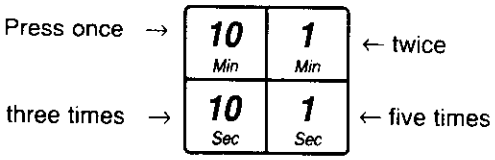
▶ Colon will blink in Display Window



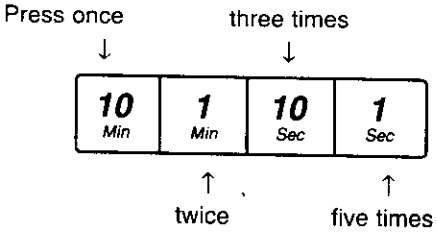
2 Enter Time of Day

ENTER TIME OF DAY USING **TIME PADS** e.g. 12:35

NN-S786 / NN-S686
NN-S676 / NN-S576 / NN-T687

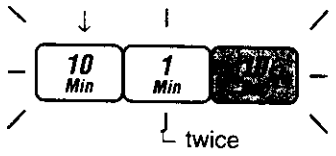


NN-S646 / NN-S566 / NN-S546



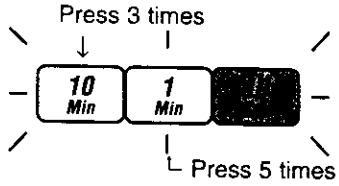
NN-S687

1) Enter the hour
Press once



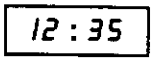
2) Press [Clock]

3) Enter the minutes
Press 3 times



3 Press [Clock]

Colon stops blinking; time of day is entered and locked into Display Window



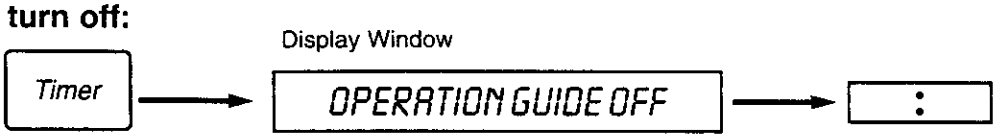
NOTE: Oven will not operate while colon is still blinking

NOTES:
1. To reset time of day, repeat step 1 through 3.
2. The clock will keep the time of day as long as oven is plugged in and electricity is supplied.

Operation Guide in the Display Window

To assist you in programming your oven, the following operation will appear in the Display Window. When you become familiar with your oven, the Operation Guide can be turned off.

To turn off:



- **Press 3 times.**

Colon or time of day appears in the Display Window.

To turn on:

- **Press 3 times.**

Colon or time of day appears in the Display Window.

To use Child Safety Lock

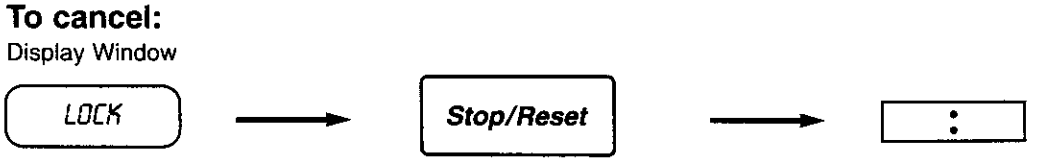
This feature allows you to prevent operation of the oven by a young child; however, the door will open. You can set Child Safety Lock when colon or time of day is displayed.

To set:

Colon or time of day is displayed

- **Press 3 times.**

To cancel:



- **Press 3 times.**

Colon or time of day appears in the Display Window.

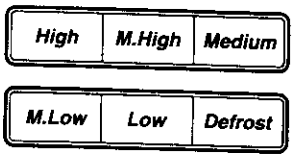
1 Select Power Level

NN-S786 / NN-S686 / NN-S676
NN-S576 / NN-S566 / NN-S687 / NN-T687

Press ***Micro Power*** Pad until the desired power level appears in the Display Window.

NN-S646 / NN-S546

Press desired ***Micro Power*** Pad.



Note: When selecting HIGH power on the first stage, you can start from step 2.

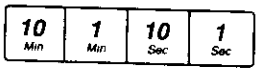
2 Set Cooking Time e.g. 5 minutes

(up to 99 minutes and 99 seconds for a single stage)

NN-S786 / NN-S686 / NN-S676
NN-S576
NN-T687

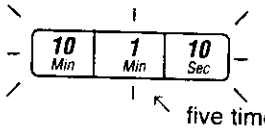
← five times

NN-S646 / NN-S566 / NN-S546



↖ five times

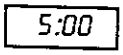
NN-S687 (Time Pads Flash) up to 99 minutes, 90 seconds



↖ five times

3 Press

▶ Cooking will start.
The time in the Display Window will count down.



Two/Three stage cooking:
Repeat steps 1 & 2 above then press ***START***, the oven will beep twice between stages.
e.g. Casseroles – (HIGH, 10 min) to bring to a boil, stage one – then (MED-HIGH, 30 min) to finish by simmering, stage two.

NOTE: to recall which POWER LEVEL has been selected during cooking, press the ***Micro Power*** pad. The power level will be displayed in the DISPLAY WINDOW.

Micro Power:

The ***Micro Power*** Pad gives you a selection of different power levels used for cooking foods at different speeds. To select the correct power level for cooking different foods, refer to the chart below:

POWER LEVEL	POWER	EXAMPLE OF USE
HIGH	100%	Boil water, cook fresh fruit, vegetables, rice and pasta.
DEFROST	30%	Thaw foods
MEDIUM-HIGH	70%	Cook poultry, meat, cakes, desserts. Heat milk.
MEDIUM	55%	Cook pot roasts, casseroles and meatloaves, melt chocolate. Cook eggs and cheeses. Cook fish.
MEDIUM-LOW	30%	Simmer soups, stews and casseroles (less tender cuts).
LOW	10%	Keep cooked foods warm, simmer slowly.

Reheat by Setting Power and Time – Frozen Convenience Foods

FROZEN ITEM (Pre-cooked)	POWER	TIME (in minutes)	SPECIAL INSTRUCTIONS
BREAD & BAKED PRODUCTS			
Bread 1 slice	MEDIUM-HIGH	10 to 15 sec	Do not let bread get hot, or it will become rubbery and dry out. Remove whole loaf from original wrapper.
1 loaf	MEDIUM-HIGH	2 to 4	
6 rolls	MEDIUM	2 to 3	Place on paper towel to absorb moisture.
Cheesecake (600 g)	DEFROST	2 to 3	Remove from container. Defrost on plate.
Muffins – 4 (350 g)	MEDIUM-HIGH	6 to 8	Place onto paper towel lined plate.
Scones – 6 (400 g)	MEDIUM	2 to 3	Defrost on paper lined plate. Stand 2 minutes.
PIES			
Fruit Pie (500 g)	DEFROST	6 to 8	Remove from foil container and place uncovered into a pie dish.
	then		
	MEDIUM-HIGH	6 to 8	
Meat Pie (300 g)	DEFROST	4 to 6	Place onto paper towel lined plate.
	then		
	MEDIUM	2 to 3	
Pizza (350 g)	HIGH	5 to 7	Remove from package and place onto paper towel or follow manufacturers instructions.
FROZEN MEAL			
Fish in Sauce (200 g)	MEDIUM	5 to 6	Pierce corner of bag. Heat on a plate.
Instant Casserole in Pouch (serves 2)	MEDIUM	4 to 6	Pierce pouch.
Lasagne (300 g)	MEDIUM	10 to 12	Remove from foil container, place into serving dish.
Plate Food	DEFROST	3 to 4	Arrange food evenly on a dinner plate. Add butter or gravy where desired. Cover plate with plastic wrap.
	then		
	MEDIUM-HIGH	3 to 4	
TV style dinner (320 g)	MEDIUM	8 to 10	Remove foil cover and replace with plastic wrap.
Vegetables & Sauce (in the bag) (500 g)	MEDIUM	8 to 10	Pierce corner of bag. Heat on a plate.
MISCELLANEOUS			
Chicken Pieces (500 g)	DEFROST	5 to 7	Place onto paper towel lined plate.
	then		
	MEDIUM-HIGH	6 to 8	
Croissants – 4 (250 g)	MEDIUM	2 to 3	Place onto paper towel lined plate.
Fish Fingers – 8 (200 g)	DEFROST	3 to 5	Place onto paper towel lined plate.
	then		
	HIGH	2 to 3	
Sausage Rolls (250 g)	MEDIUM	3 to 5	Place onto paper towel lined plate.

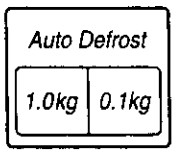
Auto Defrost

This feature allows you to defrost meat, poultry and seafood by weight.

1 Set Weight

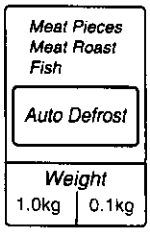
The shape and size of the food will determine the maximum weight the oven can accommodate. The recommended maximum weight of food depends on the oven cavity size. Weight must be programmed in kilograms and tenths of a kilogram.

NN-S786 / NN-S686 / NN-S676 / NN-T687

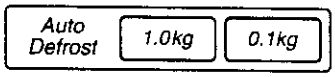


NN-S576

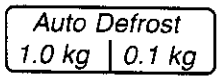
Select Category



NN-S646



NN-S687



NN-S566

Select Category

NN-S546

Select Category

For Ovens Using *Serving / Weight* Pads

The Up (▲) / Down (▼) Pads Convert to Weight Pads

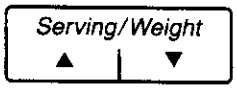
Press

Serving / Weight
weight increases by 0.1 kg from 0.5 kg

Max weight per category:

Meat pieces	2.0 kg
Meat roast	3.5 kg
Fish	1.5 kg

For foods exceeding the Pre-Programmed weight use MICRO POWER and TIME



Press

Serving / Weight
weight decreases by 0.1 kg from 0.5 kg

2 Press Start

Defrost time appears in the Display Window and begins to count down. When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

NOTES:

1. Stand time or power level may be programmed after Auto Defrost (See pages 12 and 28).
2. For further information, refer to next page.

Defrost by Micro Power and Time setting

• Press twice. • Set time. • Press

Preparation for Freezing:

1. Heavy-duty plastic wraps and bags, and freezer wrap are suitable.
2. Freeze meats, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
3. REMOVE ALL AIR and seal securely.
4. LABEL package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18°C or lower).

Defrosting Technique:

1. Remove from wrapper and set on a roasting rack in a dish on Glass Tray.
2. On Auto Defrost, the oven will beep ⅓ and ⅔'s of the total defrosting time.
   At beep, turn over all meat, poultry, fish and shellfish. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties. Remove defrosted minced meat, stewing meat, poultry pieces or prawns etc. Shield thin ends of roasts, poultry legs and wings, fat or bones with foil.
3. Throughout the defrosting time remove any defrosted portions of mince, cubed meat etc.
4. After defrosted, large roasts may still be icy in the centre. Allow to stand 15 to 30 minutes in refrigerator to defrost completely.

Defrosting Chart (by setting time):

FOOD	APPROX. TIME (minutes per 500 g)	INSTRUCTION
MEAT		
Beef		
Minced Beef	8 to 11	Turn meat over two to three times during defrosting.
Roast: Topside	12 to 15	
Beef Tenderloin	12 to 15	Halfway through the defrost cycle, break apart minced beef, separate chops and remove meat that is defrosted.
Chuck or Rump	10 to 13	
Sirloin, rolled	11 to 14	
Steak	8 to 10	Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle.
Miscellaneous	8 to 12	
Pork/Lamb		
Roast	9 to 12	Large roasts may still be icy in centre. Allow to stand.
Chops	8 to 11	
Ribs	8 to 12	
POULTRY		Turn poultry over two to four times during defrosting. Halfway through the defrost cycle, shield end of drumsticks, wings, breast bones, and ends of poultry with foil.
Chicken		
whole	9 to 12	
pieces	8 to 11	
fillets	8 to 10	Break apart chicken pieces and remove small pieces such as wings, which may be defrosted before larger pieces.
Duck	10 to 12	
Turkey	10 to 13	Rinse poultry under cold water to remove ice crystals. Allow to stand for 5 to 10 minutes before cooking.
FISH & SHELLFISH		
Fish Fillets	9 to 11	Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also break apart prawns or scallops. Remove any pieces that are defrosted.
Whole Fish	9 to 12	
Crabmeat	8 to 10	
Lobster Tails	8 to 10	
Sea Scallops	8 to 10	Allow to stand for 5 to 10 minute before cooking.
Green Pawns	10 to 12	

1 Press Desired Food Category Pad

NN-S566

NN-S546

Press ***Auto Cook*** Pad until the desired menu appears in the Display Window.

NOTE: Some pads may have multiple choices, look-up proper usage. Pasta has 3 settings.

2 Press *Serving / Weight* Pads

After selecting the desired Category, set the weight or serving size by pressing the ***Serving / Weight*** Up/Down Pads. (Chart page 17)

press once - 120 g is displayed
press twice - 180 g

press once - 120 g is displayed
press twice - 870 g
press three times - 750 g

3 Press Start

▶ Cooking time appears in the display and begins to count down.

Cooking Guide

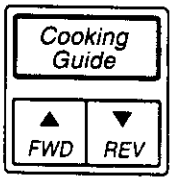
When selected, the COOKING GUIDE will give you step-by-step instructions for use with WEIGHT DEFROST, AUTO MENU or ONE TOUCH COOKING. After selecting category, press the ***Cooking Guide*** pad.

NN-S566 / NN-S546 (AUTO MENU)

(1) Press **Cooking Guide**
The Display Window scrolls the first instruction.

(2) Press **"FWD" (Forward)** for further instructions.
The Display Window scrolls the next instruction.
Press **"REV" (Reverse)** to review previous instruction.

NN-S576 ONE TOUCH COOKING



To Cook Using Auto Menu NN-S566 / NN-S546

NN-S546

Pad	Food Category	Serving / Weight (▲Pads)							
		1 tap	2 taps	3 taps	4 taps	5 taps	6 taps	7 taps	8 taps
Auto Cook	Fresh Vegetables	120 g	180 g	250 g	370 g	500 g	620 g	750 g	870 g
	Frozen Vegetables	120 g	180 g	250 g	370 g	500 g	620 g	750 g	870 g
	White Rice	1 cup	1.5 cups	2 cups	2.5 cups				
	Brown Rice	1 cup	1.5 cups	2 cups	2.5 cups				
	Dried Pasta	150 g	250 g	350 g	500 g				
	Fresh Pasta	150 g	250 g	350 g	500 g				
	Fresh Filled Pasta	150 g	250 g	350 g	500 g				
	Whole Chicken	1.0 kg	1.2 kg	1.3 kg	1.4 kg	1.5 kg	1.7 kg	1.8 kg	2.0 kg
	Chicken Pieces	0.3 kg	0.4 kg	0.5 kg	0.6 kg	0.8 kg	1.0 kg	1.2 kg	1.3 kg
Auto Reheat	Soups/Casseroles	250 g	450 g	650 g	850 g				
	Plated Meal	250 g	450 g	650 g	850 g				

NN-S566

Pad	Food Category	Serving / Weight (▲Pads)							
		1 tap	2 taps	3 taps	4 taps	5 taps	6 taps	7 taps	8 taps
Vegetables	Fresh Vegetables	120 g	180 g	250 g	370 g	500 g	620 g	750 g	870 g
Frozen Vegetables	Frozen Vegetables	120 g	180 g	250 g	370 g	500 g	620 g	750 g	870 g
Jacket Potato	Jacket Potato	70 g	150 g	200 g	300 g	400 g	500 g	600 g	700 g
Fish Fillets	Fish Fillets	120 g	180 g	280 g	380 g	480 g	580 g	650 g	720 g
Whole Fish	Whole Fish	300 g	400 g	500 g	600 g				
Rice	White Rice	1 cup	1.5 cups	2 cups	2.5 cups				
	Brown Rice	1 cup	1.5 cups	2 cups	2.5 cups				
Chicken	Whole Chicken	1.0 kg	1.2 kg	1.3 kg	1.4 kg	1.5 kg	1.7 kg	1.8 kg	2.0 kg
Chicken Pieces	Chicken Pieces	0.3 kg	0.4 kg	0.5 kg	0.6 kg	0.8 kg	1.0 kg	1.2 kg	1.3 kg
Pasta	Dried Pasta	150 g	250 g	350 g	500 g				
	Fresh Pasta	150 g	250 g	350 g	500 g				
	Fresh Filled Pasta	150 g	250 g	350 g	500 g				
Beef	Beef	0.8 kg	1.0 kg	1.3 kg	1.6 kg	1.8 kg	2.0 kg	2.1 kg	2.2 kg
Lamb	Lamb	0.8 kg	1.0 kg	1.2 kg	1.3 kg	1.4 kg	1.5 kg	1.6 kg	1.7 kg
Fruit	Fruit	125 g	250 g	500 g	750 g				
Dessert	Dessert	1 serv	2 serv	4 serv	6 serv				
Reheat	Soups/Casseroles	250 g	450 g	650 g	850 g				
	Plated Meal	250 g	450 g	650 g	850 g				
Frozen Reheat	Soups/Casseroles	250 g	450 g	650 g	850 g				
	Plated Meal	250 g	450 g	650 g	850 g				

Frozen Vegetables

- Suitable for the cooking of all varieties of frozen vegetables, including peas, beans, corn kernels, broccoli, cauliflower, etc.
- Place in a suitable sized dish. The following may be used as a guide:

120g : 500ml	500g : 1 litre dish
180g : 500ml	620g : 1 litre dish
250g : 750ml	750g : 2 litre dish
370g : 750ml	870g : 2 litre dish

- Place larger pieces or quantities in a single layer for better results.
- 1 tablespoon to 1/4 cup water may be added if vegetables appear slightly dehydrated or if a softer texture is desired at the end of heating.
- Butter, herbs etc. may be added before heating, but do not salt vegetables until serving.
- The initial frozen condition will affect the final heated result. If vegetables are frozen in a solid mass, they may require a slightly longer heating time.
- Cover dishes with plastic wrap or a fitting lid. Larger quantities of vegetables may need stirring half way through the cooking time. Halfway through the cooking time, the oven will 'beep' and instruct you to stir quantities weighing more than 250g.
- At the end of the cooking time, stir the vegetables and stand covered for 2 to 3 minutes.

Vegetables

- Suitable for cooking all types of leaf, green and soft varieties of vegetables, including broccoli, squash, cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these.
- All vegetables should be trimmed or prepared and cut into even sized pieces.
- Add 1 tablespoon to 1/4 cup water if vegetables appear slightly dehydrated before cooking or if a softer texture is desired.
- Place vegetables in an appropriate sized dish. Use the following as a guide:

120g : 500ml	500g : 1 litre dish
180g : 500ml	620g : 1 litre dish
250g : 750ml	750g : 2 litre dish
370g : 750ml	870g : 2 litre dish

- Cover dishes with plastic wrap or a fitting lid. Larger quantities of vegetables may need stirring half way through the cooking time. Halfway through the cooking time, the oven will 'beep' and instruct you to stir quantities weighing more than 250g.
- If desired, butter, herbs etc. may be added, but add salt when serving. (Salt dehydrates vegetables during cooking).

Jacket Potatoes

- Suitable for cooking jacket, boiled or scallop potatoes.
- When cooking whole, choose small to medium, evenly sized potatoes. If potatoes weigh more than 150g, cut into smaller pieces.
- After cleaning potatoes, pierce in several places and arrange in a circular pattern on a paper towel lined plate or flat dish.
- Place peeled and cut potatoes in a dish and cover with plastic wrap.
- For softer boiled potatoes, add 1/4 to 1/2 cup water before cooking.
- Large amounts of potatoes may require rearranging during cooking. The oven will 'beep' and instruct you to rearrange and turn over quantities weighing more than 300g.
- Stand potatoes for several minutes after cooking to soften.

Fish Fillets

- Suitable for cooking fish fillets.
- Better results will be achieved if prawns, scallops etc. are cooked using manual MICRO POWER.
- Select fish suitable for microwave cooking, eg. whiting, flake, flounder, sole, snapper, bream and salmon.
- Place in a single layer in a suitable size dish. Overlap thin fillet ends to prevent over cooking.
- Butter, herbs, spices or lemon juice may be added to flavour.
- Cover with plastic wrap or a lid.
- Stand for several minutes after cooking before serving.

Whole Fish

- Suitable for cooking whole fish.
- Select fish suitable for microwave cooking eg. whiting, flake, flounder, sole, snapper, bream, trout and salmon.
- Place in a shallow dish. Shield the eye and tail area with small amounts of aluminum foil to prevent over cooking.
- Butter, herbs, spices or lemon juice may be added to flavour.
- Cover with plastic wrap or a lid.
- Stand for several minutes after cooking before serving.

Rice

White Rice: Suitable for cooking short, long grain, Jasmine, Basmati, and quick cook brown rice.
Brown Rice: Suitable for cooking brown rice.

- Place rice with water in a suitable sized dish. Use the following as a guide:

	White Rice	Brown Rice
1 cup rice with	2 cups water	3 cups water in 3 litre dish
1 1/2 cups rice with	3 cups water	4 cups water in 3 litre dish
2 cups rice with	4 cups water	5 cups water in 4.5 litre dish
2 1/2 cups rice with	5 cups water	6 cups water in 4.5 litre dish

(It may be necessary to adjust the amount of water to your personal preference.)

- Rice will boil over if the dish used is too small.
- Cook rice uncovered.
- Do not cook in plastic containers unless suitable for high temperature cooking.
- Stand rice for 5 to 10 minutes after cooking.

Chicken

- Suitable for cooking whole chicken.
- Chicken should be completely thawed before cooking.
- Tie chicken legs together with string. Place chicken breast side down on a rack set in a dish.
- Chicken may be seasoned with a cooked rice or breadcrumb seasoning. Raw meat seasonings are unsuitable.
- Halfway through the cooking time, the oven will 'beep' and instruct you to turn the chicken over and shield the wings and drumstick ends.
- At the end of the cooking, stand the chicken covered for 10 to 15 minutes. This makes carving the meat easier and ensures the heat is even throughout the chicken.

Chicken Pieces

- Suitable for cooking chicken pieces such as wings, drumsticks, thighs, half breasts etc.
- Chicken pieces should be completely thawed before cooking.
- Arrange chicken pieces in a single layer in a dish with the thickest portions at the edge of the dish.
- Halfway through the cooking time, the oven will 'beep' and instruct you to rearrange and turn over the chicken pieces.
- At the end of cooking, stand covered for 5 to 10 minutes before serving.

Pasta

Dried: Suitable for cooking dried pasta such as spaghetti, fettuccine, macaroni, penne, spiral etc.
Fresh: Suitable for cooking fresh pasta such as fettucine, tagliatelle, shells etc.
Fresh Filled: Suitable for cooking fresh filled pasta such as tortellini, ravioli and agnolotti. (Gnocchi should be cooked by manual MICRO POWER).

- Place pasta in an appropriate size dish with boiling water. Use the following as a guide:

150g pasta with	4 cups boiling water in a	3 litre dish
250g pasta with	5 cups boiling water in a	3 litre dish
350g pasta with	6 cups boiling water in a	4 litre dish
500g pasta with	8 cups boiling water in a	4 litre dish

- Cover dish with a plastic wrap or a lid.
- Halfway through the cooking time, the oven will 'beep' and instruct you to stir the pasta.
- At the end of the cooking time, stand the pasta covered for 5 to 10 minutes if required.

Beef/Lamb

Beef: Suitable for cooking beef roasts such as rump, topside, sirloin or tenderloin.
Lamb: Suitable for cooking lamb roasts such as leg, shoulder or loin with the bone in.

- Roasts weighing less than 800g and more than 1.7kg (lamb), 2.2kg (beef) should be cooked by manual MICRO power, See page 50 for details.
- Select roasts that are uniform in shape for best results. If the roast is uneven, tie with string or shield thin ends with aluminum foil.
- Roasts should be totally thawed before cooking.
- Meats may be marinated or seasoned before cooking.
- Place roast fat side down on a rack set in a dish.
- Half way through the cooking time, the oven will 'beep' and the oven will instruct you to turn the roast over and shield where necessary.

Fruit

- Suitable for cooking fruits including rhubarb, strawberries, raspberries, blueberries, nectarines, pears, plums, apples and apricot.
- Trim and prepare fruit into even sized pieces.
- Place fruit with water if desired in an appropriate sized dish. The following may be used as a guide:

125g fruit in	500ml dish with	2 tablespoons water.
250g fruit in	1 litre dish with	1/4 cup water.
500g fruit in	2 litre dish with	1/3 cup water.
750g fruit in	2 litre dish with	1/2 cup water.

- Adding water to the fruit will make the fruit softer. Sugar may also be added to the water to sweeten the fruit. Dissolve sugar in the water on HIGH power for 1 to 2 minutes before adding the fruit.
- Cover dish with plastic wrap or a lid.

Dessert

- Suitable for cooking desserts that are normally cooked on MEDIUM HIGH power level.
- Suitable recipes are Baked Apples and Peach Crumble. These recipes are found on page 21.

Reheat

Soups/Casseroles: Suitable for reheating pre-cooked soups, stews and casseroles from room or refrigerated temperature.
Plated Meals: Suitable for reheating pre-cooked plated meals such as roast dinners, pasta dishes (except lasagne) and rice dishes from a room or refrigerated temperature.

Frozen Reheat

Soups/Casseroles: Suitable for reheating pre-cooked soups, stews and casseroles from frozen temperature.
Plated Meals: Suitable for reheating pre-cooked plated meals such as roast dinners, pasta dishes (except lasagne) and rice dishes from frozen temperature.

- These settings are not suitable for reheating bread or pastry products, raw, or uncooked foods or beverages.
- Remove convenience foods from foil or plastic packaging and place in an appropriately sized dish. Use the following as a guide:
  - 250g: 500ml dish
  - 450g: 1 litre dish
  - 650g: 1 litre dish
  - 850g: 2 litre dish
- Cover dish with plastic wrap or lid.
- Half way through the cooking time, the oven will 'beep' and prompt you to stir or rearrange the food.

At the end of the cooking time, stir and allow to stand for 3 to 5 minutes before serving.

To Cook Using Auto Menu - Dessert

BAKED APPLES

1 SERVE	2 SERVES	4 SERVES	6 SERVES
1 green apple	2 green apples	4 green apples	6 green apples
15g butter	30g butter	60g butter	90g butter
1 Tbs. brown sugar	2 Tbs. brown sugar	4 Tbs. brown sugar	6 Tbs. brown sugar
25g chopped raisins	30g chopped raisins	50g chopped raisins	75g chopped raisins
2 tsp. chopped pecans	1 Tbs. chopped pecans	2 Tbs. chopped pecans	3 Tbs. chopped pecans
1 Tbs. golden syrup	2 Tbs. golden syrup	4 Tbs. golden syrup	6 Tbs. golden syrup

Method:
Core and score the skin around the middle of the apple. Cream butter and sugar until soft. Add raisins and pecans. Fill the centre of the apples with stuffing. Place into a shallow casserole dish and pour golden syrup over each apple. Cook by AUTO MENU - DESSERT. Stand 2 to 3 minutes before serving.

FRUIT COMPOTE

1 SERVE	2 SERVES	4 SERVES	6 SERVES
½ green apple	1 apple	2 apples	3 apples
½ nectarine	1 nectarine	2 nectarines	3 nectarines
3 strawberries	6 strawberries	10 strawberries	1 punnet strawberries
¼ cup sugar	½ cup sugar	¾ cup sugar	1 cup sugar
2 Tbs. water	¼ cup water	⅓ cup water	½ cup water
500ml Casserole Dish	1-Litre Casserole Dish	1-Litre Casserole Dish	2-Litre Casserole Dish

Method:
Peel and slice apples, slice nectarines, hull and quarter strawberries. Place sugar and water in a jug and cook on HIGH for 1 to 3 minutes. Add fruit and cook by AUTO MENU - DESSERT.

PEACH CRUMBLE

1 SERVE	2 SERVES	4 SERVES	6 SERVES
20g butter	40g butter	80g butter	125g butter
¼ cup flour	½ cup flour	¾ cup flour	1 cup flour
2 Tbs. caster sugar	¼ cup caster sugar	⅓ cup caster sugar	½ cup caster sugar
½ cup toasted muesli	1 cup toasted muesli	1.5 cups toasted muesli	2 cups toasted muesli
¼ cup shredded coconut	½ cup shredded coconut	¼ cup shredded coconut	1 cup shredded coconut
¼ tsp. cinnamon	½ tsp. cinnamon	¾ tsp. cinnamon	1 tsp. cinnamon
200g canned peach slices	400g canned peach slices	600g canned peach slices	1 can (810)g peach slices
500ml Casserole Dish	1-Litre Casserole Dish	1-Litre Casserole Dish	2-Litre Casserole Dish

Method:
Place butter in a 2-litre jug. Cook on HIGH for 40 to 50 seconds. Add flour, sugar, muesli, coconut and cinnamon, stir until combined. Place peaches into casserole dish. Place crumble mixture on top of peaches and cook by AUTO MENU - DESSERT. Serve with ice cream or cream.

CREAMY FRUIT CHEESECAKE

2 SERVES	6 SERVES
125g cream cheese	250g cream cheese
2 Tbs. sugar	⅓ cup sugar
½ lemon	1 lemon
1 egg	2 eggs
2 Tbs. flour	⅓ cup flour
1 can (225g) crushed pineapple	1 can (450g) crushed pineapple
18cm pie plate	22cm pie plate

METHOD:
Place cream cheese into a mixing bowl, add sugar and mix well. Add juice and rind of lemon, eggs and flour, mix well. Fold through pineapple. Pour filling into pie plate, elevate pie plate and cook by AUTO MENU - DESSERT. Refrigerate for several hours before serving.

RICE PUDDING

2 SERVES	6 SERVES
3 cups cooked rice	5 cups cooked rice
½ can condensed milk	1 can condensed milk
1 egg	2 eggs
¼ cup chopped dried apricots	½ cup chopped dried apricots
¼ cup chopped pecans	½ cup chopped pecans
1-Litre Casserole Dish	2-Litre Casserole Dish

METHOD:
Combine all ingredients in casserole dish and cook by AUTO MENU - DESSERT. Serve hot with ice cream or cream.

To Cook / Reheat Using One Touch Cooking (T)

NN-S786 / NN-S686 / NN-S676 / NN-S576 / NN-S687 / NN-T687

One Touch Cooking (T) allows you to cook foods without selecting times and power levels. The sensor detects the amount of steam generated by the food and it is cooked automatically.

Sensor Cook

1 Select Category

To select the lower food category in **NN-S786 / NN-S686 / NN-S687 / NN-T687**
Press Food Category Pad twice.

e.g.

9	Chicken
10	Beef

▶ Press once for Chicken
Press twice for Beef.
Category appears in the Display Window.

To select food category in **NN-S576**

6	Chicken

▶ Press once for Chicken Pieces
Press twice for Whole Chicken
Category appears in the Display Window (multi-selection on Chicken and Fish only).

More/Less Pad:

Preferences for food doneness vary with each individual. After having used One Touch Cooking (T) a few times, you may decide you would prefer your food cooked to a different doneness. By using the ***More/Less*** Pad, the Auto Sensor programmes can be adjusted to cook food for a longer or shorter time.
Press ***More/Less*** Pad before pressing ***Start*** Pad.

1 tap : More cooking with indication "MORE"
2 taps: Less cooking with indication "LESS"
3 taps: revert to standard cooking

If you are satisfied with the result of the **ONE TOUCH** programme, you don't have to use this pad.

2 Press *Start*

▶ After the burst of steam is detected by the SENSOR, the remaining cooking time appears in the Display Window and begins to count down. When cooking time is longer than 60 minutes, the time will appear in hours and minutes.

To recall the selected category, press any **ONE TOUCH** Cooking Pad.

For best results, follow these recommendations:

1. The door should not be opened before the time appears in the Display Window.
2. Do not use plastic dishes as a secure seal cannot be achieved and inaccurate results may occur.

Sensor Reheat NN-S786 / NN-S686 / NN-S676 / NN-S576 NN-S687 / NN-T687

Sensor Reheat → *Start*

- **Press**

- **Press**
After the burst of steam is detected by the SENSOR, the remaining reheating time appears in the Display Window and begins to count down.

For best results on Sensor Reheat, follow these recommendations:

1. All foods must be previously cooked and must be at room temperature or at refrigerator temperature.
2. Foods should always be covered loosely but completely with plastic wrap or casserole lid which does not seal. (Do not use any snap closing lids.)
3. Foods weighing less than 125 g and more than 1 kg should be reheated by Power and Time only.
4. All foods should have a covered stand time of 3 to 5 minutes.
5. **Do not** reheat bread or pastry products; raw, uncooked or frozen foods; or beverages.
6. **Do not** use if oven cavity is warm.

Consult the following chart for ONE TOUCH (T) categories for your oven.

Compact Size Sensor NN-S576	Full and Mid-Size Sensor		Mid Size Sensor NN-S676
	NN-S786/NN-T687/NN-S686	NN-S687	
1. Vegetables	1. Vegetables	1. Vegetables	1. Vegetables
2. Root Vegetables	2. Root Vegetables	2. Root Vegetables	2. Root Vegetables
3. Rice	3. Frozen Vegetables	3. Frozen Vegetables	3. Rice
4. Pasta	4. Frozen Reheat	4. Frozen Reheat	4 Pasta
5. Fish – Whole Fish – Fish Fillets	5. Rice	5. Rice	5. Fish
6. Chicken – Whole Chicken – Chicken Pieces	6. Pasta	6. Pasta	6. Chicken
7. Casserole	7. Fish	7. Fish	7. Casserole
8. Fruit	8. Chicken Pieces	8. Chicken Pieces	8. Stewed Fruit
	9. Chicken	9. Chicken	
	10. Beef	10. Beef	
	11. Lamb	11. Lamb	
	12. Pork	12. Casserole	
	13. Casserole	13. Meat Sauce	
	14. Meat Sauce	14. Fruit	
	15. Dessert		
	16. Stewed Fruit		

One-Touch Tips and Techniques

Sensor Reheat (125 g - 1.0 kg)

- All foods must be pre-cooked, casseroles, plated dinners, soups, stews, pasta dishes (except lasagne), canned foods.
- Foods should be reheated from refrigerator or room temperature, do not reheat frozen foods on this setting.
- Do not reheat in foil or plastic containers as unsuccessful reheating times will result.
- All foods should be covered securely with plastic wrap or a fitting lid.
- Where possible after heating, stir foods and stand covered for 3 to 5 minutes before serving.

Root Vegetables (125 g - 1.0 kg)

Suitable for cooking root vegetables such as potatoes, sweet potatoes, pumpkin, onions, swede, turnip and beetroot.

- All vegetables should be trimmed or prepared and cut into evenly sliced pieces.
- Add 1 tablespoon to 1/4 cup of water to vegetables if dehydrated or a softer cooked texture is desired.
- Place into an appropriate sized dish, and cover securely with plastic wrap or a fitting lid.
- If desired, butter, herbs etc. may be added but do not add salt until after cooking.
- If possible, stir vegetables after cooking time is displayed.

Fish (125 g - 1.0 kg) NN-S786 / NN-S686 / NN-S676

- Suitable for cooking whole fish and fish fillets.
- Select fish suitable for microwave cooking and place in a single layer in a shallow dish, with skin side down.
- Butter, herbs, or spices may be added for flavour.
- Overlap thin ends of fillets to prevent overcooking.
- Whole fish may be filled with seasonings and the cavity held closed with wooden skewers.
- Shield the eye and tail area of whole fish with small amounts of aluminum foil to prevent overcooking.
- Cover dish securely with plastic wrap or a well fitting lid.
- Allow large amounts of fish to stand for 3-5 minutes after cooking before serving.

Frozen Vegetables (125 g - 1.0 kg)

- Suitable for all types of frozen vegetables.
- Place in a suitable sized dish.
- Best results are achieved if large quantities are placed in a single layer.
- 1 tablespoon to 1/4 cup of water may be added if vegetables appear slightly dehydrated or a softer texture is desired at the completion of heating.
- Butter, herbs etc. may be added before heating but do not salt vegetables until serving.
- Cover dishes securely with plastic wrap or a fitting lid.
- At the completion of heating, stir larger quantities of vegetables and allow to stand covered for 2 to 3 minutes.

Vegetables (125 g - 1.0 kg)

Suitable for cooking all types of leaf, green and soft varieties of vegetables, including broccoli, squash, cauliflower, cabbage, asparagus, beans, celery, zucchini, spinach, capsicum or a mixture of these.

- All vegetables should be trimmed or prepared and cut into evenly sliced pieces.
- Add 1 tablespoon to 1/4 cup of water to vegetables if dehydrated or a softer cooked texture is desired.
- Place in a suitable sized dish.
- 1 tablespoon to 1/4 cup of water may be added if vegetables appear slightly dehydrated or a softer texture is desired.
- Butter, herbs, etc., may be added before heating but do not salt vegetables until serving.
- Cover dishes securely with plastic wrap or a fitting lid.
- At the completion of heating, stir larger quantities of vegetables. Allow to stand covered for 2 to 3 minutes.

One-Touch Tips and Techniques

Frozen Reheat (125 g - 1.0 kg)

- All foods must be pre-cooked and frozen.
- Suitable for heating casseroles, plated dinners, soups, stews, pasta dishes (except lasagne).
- Reheat in a suitable sized dish.
- Where possible place foods on a dinner plate or flat type dishes.
- Do not reheat foods in foil or plastic containers as unsuccessful reheating times will result.
- All foods should be securely covered with plastic wrap or a fitting lid.
- Where possible, stir foods when cooking time appears in the Display Window.
- At the completion of heating, stir foods and allow to stand covered for 2 to 3 minutes.

Rice (200 g - 500 g)

- Suitable for cooking short and long grain rice including Jasmine, Basmati, and quick cook brown rice.
- This setting is not suitable for cooking brown rice or wild rice.
- Place rice with water in a suitable dish. We recommend the following proportions of rice to cold tap water:

1 cup rice	with 2 cups water
1½ cups rice	with 3 cups water
2 cups rice	with 4 cups water
2½ cups rice	with 5 cups water

  It may be necessary to adjust the water to your personal preference.
- Using a large sized dish will prevent the rice from boiling over.
- Do not cook rice in plastic dishes as unsuccessful cooking times may result.
- Cover dish securely with plastic wrap or a well fitting lid.

NN-S576	• Halfway through cooking, the oven will 'beep' and instruct you to stir the rice. Remove the plastic wrap or lid. There is no need to cover the rice again.

- At the completion of the cooking time, allow the rice to stand for 5 to 10 minutes.

Pasta (125 g - 500 g)

- Suitable for cooking dried pasta such as spaghetti, fettuccine, macaroni, penne, spiral and various pasta shapes.
- Place pasta in appropriate size dish with hot water. Use the following as a guide:

150g pasta	4 cups hot tap water	3 litre dish
250g pasta	5 cups hot tap water	3 litre dish
350g pasta	6 cups hot tap water	4 litre dish
500g pasta	8 cups hot tap water	4 litre dish

  Add 1 tablespoon of oil, if desired, before cooking to prevent the pasta from sticking together.
- Cover dish with plastic wrap or a well fitting lid.

NN-S576	• Halfway through the cooking time, the oven will 'beep' and instruct you to stir the pasta. Remove the plastic wrap or lid. There is no need to cover the pasta again.

- At the end of the cooking time, stand the pasta covered for 5 to 10 minutes, if required, before draining.

Fish Fillets (125 g - 1.0 kg) (NN-S576)

- Suitable for cooking fish fillets.
- Better results will be achieved if prawns, scallops etc. are cooked using manual MICRO power.
- Select fish that is suitable for microwave cooking, e.g. whiting, flake, flounder, sole, snapper, bream and salmon. Suitable for microwave cooking.
- Place in a single layer in a shallow dish. Overlap thin fillet ends to prevent over cooking.
- Butter, herbs, spices, or lemon juice may be added to add flavour.
- Cover with plastic wrap, or a lid.
- Stand for several minutes after cooking before serving.

Whole Fish (125 g - 1.0 kg) (NN-S576)

- Suitable for cooking whole fish.
- Select fish suitable for microwave cooking eg. whiting, flake, flounder, sole, snapper, bream, trout and salmon.
- Place fish in a shallow dish. Shield the eye and tail area with small amounts of aluminum foil to prevent overcooking.
- Butter, herbs, spices or lemon juice may be added to flavour.
- Cover with plastic wrap or a lid.
- Stand covered for several minutes after cooking before serving.

Chicken Pieces (250 g - 1.5 kg) (NN-S786 / NN-S686 / NN-S576 NN-T687 / NN-S687)

- Suitable for cooking chicken pieces.
- Chicken pieces should be completely thawed before cooking.
- Marinate chicken pieces before cooking for added flavour and colour.
- Arrange chicken pieces skin side up with thicker, meatier portions towards the edge of the dish.
- Cover dish securely with plastic wrap.

NN-S576	• Halfway through the cooking time the oven will 'beep' and instruct you to turn over the chicken pieces. Remove the plastic wrap completely from the dish. There is no need to cover the chicken again.

- Always allow 5 to 10 minutes standing time at the completion of cooking.

One-Touch Tips and Techniques

Chicken (900 g - 2.0 kg)

- Suitable for cooking whole chickens.
- Whole chickens should be cooked directly from the refrigerator and totally thawed.
- Tie legs together with string.
- Place onto a microwave rack set inside a dish. Place whole poultry breast side down.
- Cover completely with plastic wrap.
- Do not stuff poultry with raw meat. Bread crumb or cooked rice seasonings may be used.
- If required, shield the chicken breast, wings or drumsticks with small pieces of foil to prevent from drying out.

NN-S576	
	• Halfway through the cooking time, the oven will 'beep' and instruct you to turn the chicken over and shield the wings and drumstick ends. Remove the plastic wrap completely from the dish. There is no need to cover the chicken again.

- Always allow 10 to 15 minutes standing time at the completion of cooking. This makes carving the meat easier and ensures that the heat is even throughout.

Beef (1.0 kg - 2.5 kg)

- Suitable for cooking rump, topside, sirloin or tenderloin roasts.

Lamb (1.0 kg - 2.5 kg)

- Suitable for cooking leg, shoulder, loin or rack of lamb roasts.

Pork (1.0 kg - 2.5 kg)

- Foreloin, middle loin or leg pieces are suitable for roasting.

Following hints apply to the above three categories:

- Roasts weighing less than 1.0 kg and greater than 2.5 kg should be cooked by manual Micro Power.
- Select roasts that are uniform in shape for best results. If roast is uneven, tie with string or shield thin portions once countdown appears.
- Less tender cuts of meat, e.g., Chuck should not be cooked by One Touch Cooking. Use a lower manual Micro Power setting to tenderise.
- Whole roasting pieces should be totally thawed before cooking.
- Meats may be marinated, seasoned or stuffed before cooking.
- Do not sprinkle roasts with flour since it will not dry and crisp as in a conventional oven.
- Place roast's fat side down on a microwave rack set into a dish.
- Cover securely with plastic wrap.
- Once countdown time appears in the Display Window, remove the plastic wrap and turn, rearrange or shield roast, if required.
- Always allow 10 to 15 minutes standing time after cooking. This makes carving easier and ensures that the heating is even throughout.

Casserole (500 g - 2.0 kg)

(weight includes all ingredients)

- Suitable for cooking casseroles with less tender cuts of meat combined with liquid and vegetables.
- Cut meat and vegetables into even size pieces.
- Place in a suitable sized dish. Dish should be approximately ¾ full.
- Do not use plastic dishes as incorrect cooking time may result.
- Add ½ to 1 cup of soup, broth or stock per 500 g of meat.
- Cover securely with plastic wrap or a well fitting lid.

NN-S576	
	• Halfway through the cooking time, the oven will 'beep' and instruct you to stir the casserole.

- At the end of the cooking time, allow the casserole to stand for 5 to 10 minutes.

Meat Sauce (250 g - 1.0 kg weight of meat)

- Suitable for cooking meat sauce recipes using minced meat combined with liquid and vegetables.
- Suitable recipes include Spaghetti Meat Sauce, Chicken Tacos, Beef Nachos and Spiced Mince. These recipes and examples of other suitable recipes are found in the meat section of this book.
- Cut vegetables into even sized pieces.
- All ingredients should be at room or refrigerated temperature.
- Place in a suitable sized dish.

Dessert (375 g - 1.5 kg)

Suitable for cooking a variety of desserts that are normally cooked on HIGH power.

- Suitable recipes include: Apple Crumble, Apricot and Raspberry Crisp, Butterscotch Pudding and Chocolate Self Saucing Pudding. These recipes and examples of other suitable recipes are found in the Cakes, Desserts and Slices section of this book.
- Place prepared desserts in a suitably sized dish (approx ¾ full).
- Do not use plastic dishes as incorrect cooking time may result.
- Cover securely with plastic wrap or a well fitting lid.
- Allow cooked desserts to stand for 10 minutes at the completion of cooking.

Stewed Fruit or Fruit (250 g - 2.0 kg)

- Suitable for cooking fruits including rhubarb, strawberries, raspberries, blueberries, nectarines, pears, plums, apples and apricots.
- Minimum and maximum weights include sugar and water added to fruits.
- Trim and prepare fruit into uniform size pieces.
- Add approximately ¼ cup of caster sugar and ½ cup of water per 250 g of fruit.
- If not adding sugar slightly, decrease the water content.
- The greater the amount of water used, the softer the fruit will be.
- Do not use plastic dishes to cook stewed fruit as incorrect cooking time may result.
- Place fruit, sugar and water into an appropriate sized dish.
- Cover securely with plastic wrap or a well fitting lid.

Using Auto Reheat Pad NN-S646

1 Press *Auto Reheat*

Until the desired weight appears in the Display Window.

NO. OF TAPS	DISPLAY	RECOMMENDED FOOD WEIGHT
1	280 G	250 - 300 g
2	480 G	450 - 500 g
3	680 G	650 - 700 g
4	880 G	850 - 900 g

2 Press *Start*

▶ Reheating time appears in the Display Window and begins to count down.

For best results on Auto Reheat, follow these recommendations:

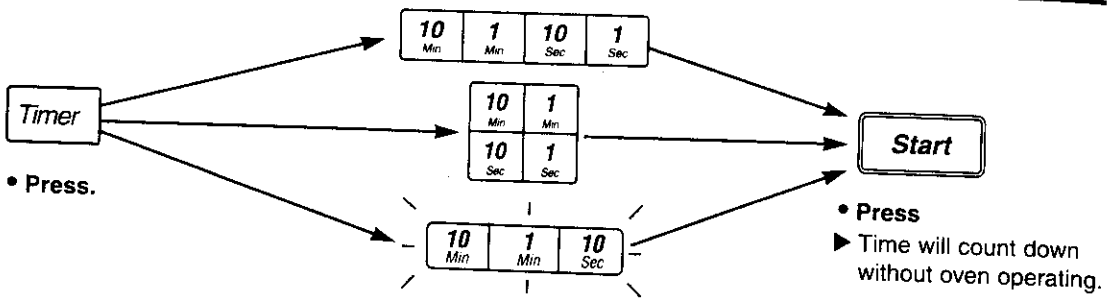
1. All foods must be precooked. Suitable for casseroles, plated dinners, soups, stews, pasta dishes (except lasagne), canned foods.
2. Foods should be reheated from room temperature or refrigerator temperature. Do not reheat frozen foods on this setting.
3. Foods should be covered loosely but completely with plastic wrap or a casserole lid which does not seal.
4. Foods weighing less than 250 g and more than 900 g should be reheated by Power and Time only.
5. All foods should have a covered stand time of 3 to 5 minutes at the end of reheating.
6. **Do not** reheat bread or pastry products; raw, uncooked or frozen foods; or beverages.

INGREDIENT CONVERSION CHART*			
1/4 cup	60 ml	1/4 teaspoon	1 ml
1/3 cup	85 ml	1/2 teaspoon	2 ml
1/2 cup	125 ml	1 teaspoon	5 ml
2/3 cup	165 ml	2 teaspoons	10 ml
3/4 cup	190 ml	3 teaspoons	15 ml
1 cup	250 ml	1 tablespoon	15 ml
1 1/4 cups	310 ml	1 1/2 tbs	22 ml
1 1/2 cups	375 ml	2 tbs	30 ml
2 cups	500 ml	3 tbs	45 ml
3 cups	750 ml	4 tablespoons	60 ml
3 1/2 cups	875 ml		
4 cups	1 litre		
6 cups	1,5 litre		
8 cups	2 litre		

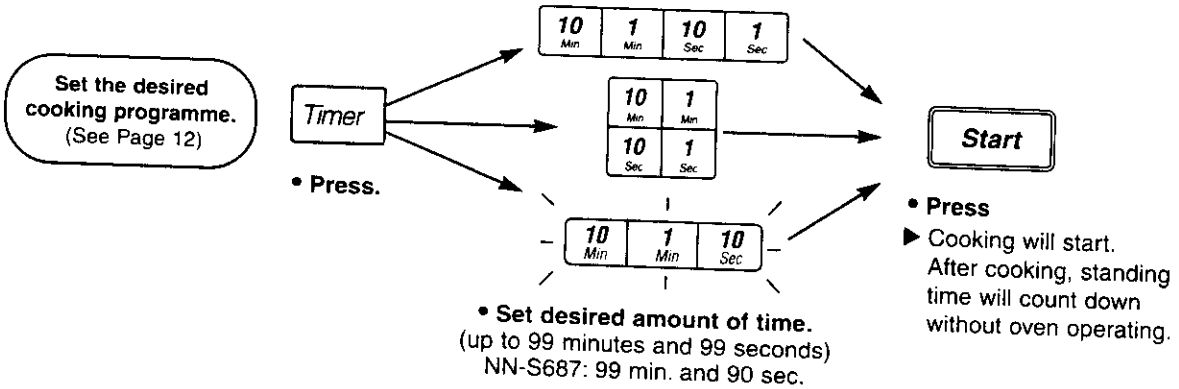
*Applicable to New Zealand and South Africa only.

To Use Timer Pad

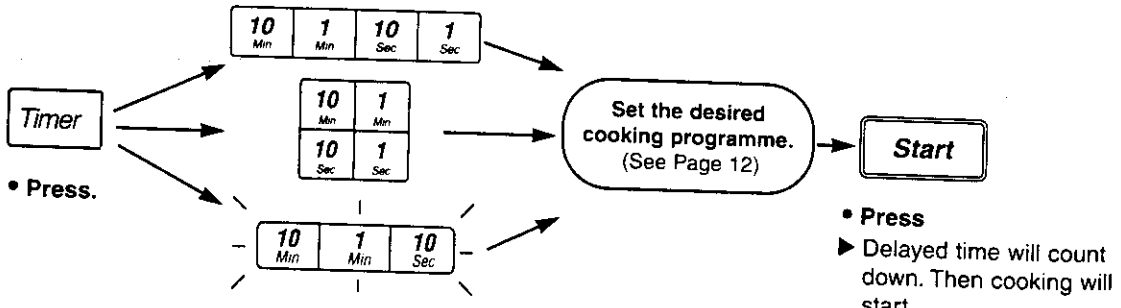
To Use as a Kitchen Timer


10 Min 1 Min 10 Sec 1 Sec
Timer
• Press.
10 Min 1 Min
10 Sec 1 Sec
10 Min 1 Min 10 Sec
Start
• Press
▶ Time will count down without oven operating.
• Set desired amount of time.
(up to 99 minutes and 99 seconds)
NN-S687: 99 min. and 90 sec.

To Set Standing Time


Set the desired cooking programme.
(See Page 12)
Timer
• Press.
10 Min 1 Min 10 Sec 1 Sec
10 Min 1 Min
10 Sec 1 Sec
10 Min 1 Min 10 Sec
Start
• Press
▶ Cooking will start. After cooking, standing time will count down without oven operating.
• Set desired amount of time.
(up to 99 minutes and 99 seconds)
NN-S687: 99 min. and 90 sec.

To Set Delay Start


10 Min 1 Min 10 Sec 1 Sec
Timer
• Press.
10 Min 1 Min
10 Sec 1 Sec
10 Min 1 Min 10 Sec
Set the desired cooking programme.
(See Page 12)
Start
• Press
▶ Delayed time will count down. Then cooking will start.
• Set desired amount of time.
(up to 99 minutes and 99 seconds)
NN-S687: 99 min. and 90 sec.

NOTES:

1. If oven door is opened during the Standing Time or Kitchen Timer, the time in the Display Window will continue to count down.
2. Delay Start cannot be programmed before any auto control function.
   This is to prevent the starting temperature of the food from rising before defrosting or cooking begins.
   A change in the starting temperature could cause inaccurate results.

To Use Recipe Prompting

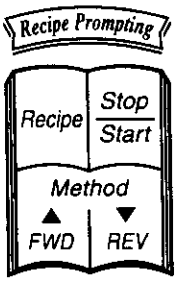
This feature helps you to cook by following the methods in the Display Window. 40 recipes are programmed. (Refer to the next page)

1 Press Recipe

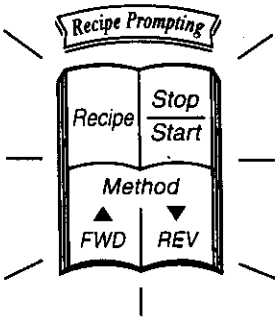
▶ Until the desired recipe appears in the Display Window.

Recipes are arranged alphabetically. The first time you use Recipe Prompting after plugging your oven in, the first recipe (Apple Spread) will appear. The next time you press the ***RECIPE*** pad, the last recipe you selected will be displayed.

NN-S786 / NN-S686 / NN-S676
NN-S646 / NN-T687

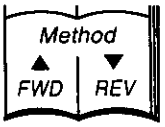


NN-S687



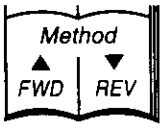
2 Press Method FWD REV

▶ The first instruction will be scrolled across the Display Window.



└ Press for the next instruction.

Press for the previous instruction. ┐



"ENJOY YOUR MEAL" will be scrolled acros the Display Window at the end of each recipe.
For detailed information on programming cooking, please refer to page 12.

Stop / Start	One tap: to stop scrolling Two taps: to restart scrolling Use ***Start*** to commence cooking after selecting a power level and cooking time.
Stop/Reset	1. While instructions are in the Display Window, colon or time of day will appear in the Display Window by one tap. 2. While setting power or time, previous instruction will appear in the Display Window by one tap. Two taps make the colon or time of day appear in the Display Window. 3. While cooking, one tap stops the remaining cooking time to count down. The next instruction will start scrolling by two taps.
Start	Cooking will start by pressing this pad.

To Use Recipe Prompting

NOTE:
Throughout Recipe Prompting, the oven will instruct you to set the cooking time and power level at each stage of the recipe. Set the instructed power level and cooking time using the Micro Power pad and Time pads. These settings are a guide only. If you wish to change, the oven can accept a different power level and cooking time.

For further information about cooking any of these recipes, refer to the recipe section.

The following recipes are programmed in Recipe Prompting:

Recipe	Page	Recipe	Page
1. Apple Spread	74	21. Garlic Prawns	44
2. Apricot Honey Slice	70	22. Gingered Whole Fish	44
3. Apricot Meatloaf	54	23. Herbed Vegetables	60
4. Apricot Nectar Chicken	49	24. Honey Sesame Drumsticks	49
5. Apricot Rice Pudding	69	25. Lemon Pepper Fish	42
6. Beef Stroganoff	53	26. Peach Crumble	67
7. Caramel Sauce	74	27. Pepper Pot Beef	53
8. Cheese Sauce	74	28. Potato and Leek Soup	39
9. Cheesy Mashed Potatoes	58	29. Potato Casserole	60
10. Chicken Cacciatore	46	30. Pumpkin Soup	38
11. Chicken Curry	48	31. Rich Chocolate Sauce	74
12. Chicken Risotto	48	32. Seasoned Rice	63
13. Chili Beef	52	33. Seasoned Roast Lamb	52
14. Chinese Beef and Vegetables	53	34. Soy Chicken and Vegetables	48
15. Chocolate Brownies	65	35. Spaghetti Meat Sauce	75
16. Chocolate Fudge	71	36. Speedy Nachos	38
17. Cinnamon Poached Pears	68	37. Sweet Berry Sauce	74
18. Creamy Bacon Sauce	75	38. Tomato Bacon Soup	39
19. Fragrant Coconut Rice	64	39. Tomato Vegetable Casserole	58
20. French Onion Beef Casserole	51	40. Vegetable Curry	60

Microwave Recipe Preparation and Techniques

Microwaves penetrate the surface of the food to a depth of about two to three centemetres and then the heat is gradually conducted in a random pattern. Some parts of food matter cook faster than others. Special microwave techniques are used to promote fast and even cooking. Some of these techniques are similar to those used conventional cooking, but because microwaves produce heat very quickly they are extremely important. It's a must to be familiar with the following tips.

Food Characteristics

Size and Quantity
Small portions cook faster than large portions. As you increase the quantity of food you put into the microwave oven, you must also increase your cooking time. The microwave oven has same power regardless of quantity; thus the power is divided between more items and so it takes longer to cook.
As a general guide, if you double the quantity of food suggested in the recipe, add half the time suggested again.

Liquid Content
Low moisture foods take a shorter time to cook than foods with a lot of moisture.

Shape
Uniform sizes cook more evenly. To compensate for irregular shapes, place thin pieces towards the centre of the dish and thicker pieces towards the outer edge of the dish.

Bone and Fat
Bones conduct heat and cause the meat next to them to be heated more quickly. Large amounts of fat absorb microwave energy and meat next to these areas may overcook.

Starting Temperature
Food which has been sitting at room temperature takes less time to cook than refrigerated or frozen food.

Density and Composition
Pourous, airy foods (cakes and breads) take less time to cook than heavy compacted foods (meat and vegetables). Recipes high in fat and sugar content cook more quickly.

Key to Symbols Used In Recipes

Recipes displaying these symbols may be cooked using these features.

(T) One Touch Cooking
NN-S786 / NN-S686 / NN-T687 / NN-S676
NN-S576 / NN-S687

Recipe Prompting *Recipe Prompting*

NN-S786 / NN-S686 / NN-T687 / NN-S676
NN-S576 / NN-S646 / NN-S687

Techniques for Preparation

Timing
A range of cooking times is given in each recipe for two reasons. Firstly, to allow for the uncontrollable differences in food shapes, starting temperatures and personal preferences. Secondly, these allow for the differences in electrical voltage input which changes during peak load periods. Always remember that it is easier to add time to undercooked food. Once the food is overcooked, nothing can be done. For each recipe, an approximate cooking time is given.

Stirring
Stirring is often necessary during microwave cooking. We have noted when stirring is helpful in the recipes. Always bring the outside edges towards the the centre and the centre portions to the outside.

Rearranging or Turning
Some foods should be turned in the container during cooking. For example, because of the different thicknesses in the breast and back sections of poultry, it is a good idea to turn poultry over once to ensure more even cooking. Rearranging or turning over uneven shaped food in the dish should be done as suggested to ensure a satisfactory result. Rearrange small items such as chicken pieces, prawns, hamburger patties, steak or chops. Rearrange pieces from the centre to the edge of the dish.

Cooking in Layers
Cooking in layers is not always successful as it takes twice as long to cook a single layer and cooking may be uneven. You can successfully reheat two dinner plates of food at one time but remember to increase the reheating time and use a microwave warming rack.

Piercing of Foods
Pierce the skin or membrane of foods when cooked whole in the microwave oven. This allows steam to escape. If the skin has not been pierced, food may burst.

Cured Meats
Cured meats may overcook in some areas due to the high concentration of salts used in the curing process. So take care when cooking different brands of bacon as cooking times times may vary slightly.

Covering
Covering food minimises the microwave cooking time.
Because microwave cooking is done with time and not direct heat, the rate of evaporation cannot be easily cotrolled. However, this can be corrected by using different materials to cover dishes. Plastic wrap is the best substitute for a lid as it creates a tighter seal and so it retains more heat and steam. Wax paper and paper towels hold the heat in but not the steam. These materials also prevent splattering. Use a paper towel, wax paper or no cover, when steam is not needed for tenderizing.

Browning
Meats and poultry, when cooked longer than 10 to 15 minutes, will brown from their own fat. Foods cooked for shorter periods of time can be aided with the help of a browning sauce, worcestershire sauce, or soy sauce. Simply brush one of these sauces over meat or poultry before cooking.
Baked goods do not need long cooking time and therefore, do not brown. When cakes or cupcakes are iced, no one will notice the visual difference. For cakes or cupcakes, brown sugar can be used in the recipe in place of caster sugar or the surface can be sprinkled with dark spices before baking.

Standing Time
The moisture molecules continue to vibrate in the food when the microwave oven has turned itself off. After all, the molecules were vibrating at 2,450,000,000 times per second during cooking. So cooking continues even after the food is no longer being exposed to the microwaves whether in or outside your microwave oven.
Standing time refers to the time it takes (after the microwave time is completed) to allow the interior of the food to finish cooking.
The amount of standing time varies with the size and density of the food. In meat cookery, the internal temperature will rise between 5°C and 10°C if allowed to stand covered for ten to fifteen minutes. Casseroles and vegetables need shorter standing time, but this time is necessary to allow foods to complete cooking in the centre without overcooking on the edges.
The power level used in microwave cooking also determines the standing time. For example, when using a lower power level the standing time is shorter because of a lower concentration of heat in the food. Foods should always be kept covered while standing in order to retain the heat. If a longer standing time is required (while you cook another food to serve with the first, for instance), cover with aluminum foil.

Converting Your Favourite Conventional Recipes for Microwave Cooking

When adapting conventional recipes for microwave cooking, reduce the conventional cooking time by one quarter or one third.
e.g. A chicken which takes 1 hour to cook in a moderate oven will take 15 to 20 minutes on Medium Power in your microwave oven.

Use similar microwave recipes to help you adapt conventional recipes. Remember, it is always best to undercook a recipe and then add an extra minute or two to finish it off.

Here are some other tips that may help:
• Reduce liquids in a conventional recipe by one half to two thirds. e.g. 1cup (250 ml) should be reduced to 1/2 cup (125 ml).
• Add more thickening such as flour or cornflour to sauces and gravies if you do not reduce the liquid.
• Reduce seasonings slightly in a recipe where ingredients do not have time to simmer by microwave.
• Do <u>not</u> salt meats, poultry or vegetables before cooking; otherwise, they will toughen and dry out.
• If one ingredient takes longer to cook than the others, precook it in the microwave oven first. Onion, celery and potato are examples.
• If meat or vegetables are not being browned before cooking, omit any oil or fat that would have been used for browning.
• Reduce leavening agents for cakes by one quarter and increase liquids by one quarter.
• Biscuits require a stiff dough. Increase flour by about 20 percent. Substitute brown sugar for white sugar, and use biscuit recipes that have dark spices or require icing. Because of the short cooking time, biscuits don't have to brown. Chill dough for half an hour before baking. This produces a crisper biscuit. Bake biscuits on a glass tray lined with greaseproof paper.
• Since microwaves penetrate foods about two centimetres from the top, bottom and sides, mixtures in round shapes and rings cook more evenly. Corners receive more energy and may overcook.
• Items with a lot of water, such as rice and pasta, cook in about the same time as they would on a conventional stove. (Refer to Rice and Pasta chapter.)

Select recipes that convert easily to microwave cooking such as casseroles, stews, baked chicken, fish and vegetable dishes. The results from foods such as grilled meats, cooked soufflés or two-crust pies could be less than satisfactory. <u>Never</u> attempt to deep fry in your microwave oven.

Menu Planning for Microwave Cooking

How to Keep Everything Hot at The Same Time

Plan your meals so that the food will not all need last minute cooking or attention at the same time. The special features of microwave cookery make it easy to serve meals with everything piping hot. Cooking of some foods may be interrupted while you start others, without harming the nutritional value or flavour of either.
A recipe which requires standing time can be microwaved first and another food cooked while it stands. Dishes prepared in advance can be reheated briefly before serving.
It does take some experience and time to cook with confidence. Microwaves are fast so you will have to do some experimenting. You might find you will use your conventional range in conjunction with your microwave oven. For example, while cooking the roast in the microwave oven, you can be cooking the vegetables and gravy on the range top. This can also be done the other way around. Prepare your meals as follows.

1. Firstly, cook the most dense item (roast or casserole). Drain and retain meat juice from joints then cover with foil.
2. Cook the potatoes, rice or pasta.
3. Cover with foil for standing.
4. Cook greens and other vegetables.
5. Cover with foil for standing
6. Cook the gravy with the retained meat juices, stock and thickening.
7. Carve the roast and serve the vegetables and gravy.

While you are learning to plan meals, you may get a bit behind time. Don't worry. Dinner servings may be suitably reheated on MEDIUM-HIGH, at 2 minutes per serving.
If you prefer not to use foil, cover food with saucepan lids. A metal lid will retain the heat for at least 15 minutes.
Meanwhile, how can you cook all the vegetables at the same time? Simply place potatoes and pumpkin in one dish and less dense vegetables such as broccoli, cabbage, cauliflower, beans and peas in another. Sprinkle greens with water. Cover with a lid or plastic wrap. Cook on HIGH for approximately 10 to 15 minutes for a serving for four people. Remember, if you increase the quantity of vegetables, increase the cooking time. Fresh and frozen vegetables can be mixed on a vegetable platter, but remember the latter are not as dense as fresh vegetables, as they have been blanched before freezing.
If vegetables are cut to a similar size, they can be cooked in separate ramekins or small dishes at the same time.

Increasing & Decreasing Recipes

Increasing

- To increase a recipe from 4 to 6 servings, increase each ingredient listed by half.
- To increase a recipe from 4 to 8 servings, double each ingredient listed.
- For larger quantities of a recipe, a large dish should be used. Make sure that the dish is deep enough to prevent the recipe from boiling over during cooking.
- Make sure to cover, stir or rearrange food as directed in the recipe and always check the food during cooking.
- Increase standing times by 5 minutes per 500g.
- Use the same Power Level recommended in the original recipe.
- Increase the cooking times by: ⅓ of original cooking time for 6 servings; and an extra ½ of original cooking time for 8 servings.

Decreasing

- To decrease a recipe from 4 to 2 servings, decrease each ingredient listed by half.
- For small quantities, a small dish should be used. Make sure that the dish is large enough to prevent the recipe from boiling over during cooking.
- Use the same Power Level recommended in the original recipe.
- Decrease the cooking times by ½ to ⅔ of the original cooking time.

Cooking for One

- To decrease a recipe from 4 to 1 serving, quarter each ingredient listed.
- A smaller dish should be used, making sure that the dish is still large enough to prevent the recipe from boiling over.
- Use the same Power Level recommended in the original recipe.
- Quarter the original cooking times, then add extra time, if needed.
- Make sure to cover, stir or rearrange food as directed in original recipe and always check the food during cooking.

Converting Recipes from Other Sources

When the recipe is written with a wattage different than your oven, adjust the cooking time by approximately 10% per 100 watts, e.g. 6 minutes would be adjusted by 60 seconds. Alternately, adjust the power level by one level. If your wattage is higher than the recipe: (1) Adjust time downward or (2) Adjust power level downward. If your wattage is lower than the recipe: (1) adjust time upward or (2) adjust power level upward (when possible).

Granola Cereal

Makes: approximately 4 cups
Ingredients:
2 cups oats
⅔ cup chopped nuts
⅓ cup wheat germ
¼ cup brown sugar
¼ cup honey
1 teaspoon vanilla essence
⅓ cup raisins
⅓ cup coconut

Method:
Place oats in 2-litre casserole dish, cook on HIGH for 2 to 3 minutes, stirring twice. Add nuts, wheat germ, and brown sugar. Stir in honey and vanilla. Cook on HIGH for 3 to 5 minutes, stirring twice during cooking. Add raisins and allow to cool, stir to crumble mixture. Store in an airtight container.

Tomato and Onion

Serves: 4
Ingredients:

600 g (approx. 3)	tomatoes, thinly sliced
1	onion, thinly sliced
½ teaspoon	basil
	salt and pepper to taste

Method:
Place all ingredients into a 2-litre casserole dish. Cook covered on HIGH for 6 to 8 minutes. Serve with barbequed steak or grilled meat.

Scrambled Eggs

Serves: 2

Ingredients:

4 x 61 g	eggs
4 tablespoons	milk
	pinch of salt

Method:
In a 1-litre casserole dish, beat eggs lightly with a whisk. Add milk and salt. Whisk until well combined. Cover dish with plastic wrap and cook on MEDIUM for 1½ to 2 minutes. Stir egg and cook for a further 1½ to 2 minutes. Stand covered for 1 minute before serving.

HINT:
TO COOK PAPPADUMS:
Place on a paper towel lined microwave safe plate. Cook on HIGH for 15 to 20 seconds for each pappadum, turning halfway through cooking. Allow to stand 1 minute before serving.

Poached Eggs

Serves: 2
Ingredients:

2 x 61 g	eggs
½ cup	hot tap water
	dash of vinegar
	pinch of salt

Method:
Place one quarter of a cup of water, dash of vinegar and pinch of salt into 2 ramekin dishes or small glass bowls.
Break egg into water and with a toothpick pierce egg yolk twice and egg white several times.
Cover dish with plastic wrap and cook on MEDIUM for 40 to 50 seconds.
Stand covered for 1 minute before serving.
Note: The size of the egg will alter cooking time.

Fried Eggs

A good recipe for the browning dish.

Serves: 1 to 4
Ingredients:

1 to 4	eggs (61 g each)
1 to 2 tablespoons	butter

Method:
Preheat a browning dish on HIGH for 3 to 5 minutes.
Add butter. Break eggs into browning dish. Cook on HIGH power for:
1 egg - 15 to 20 seconds
2 eggs - 20 to 30 seconds
4 eggs - 30 to 40 seconds
Allow to stand for 1 minute before serving.

HINT:
TO COOK BACON RASHERS:
Place bacon between 2 sheets of paper towel on a pie plate and cook on HIGH for 2 to 3 minutes.

HINT:
TO DRY FRESH BREADCRUMBS:
Place 1 cup (250 ml) of breadcrumbs on the base of a plate and heat on HIGH for 2 to 3 minutes, stirring once during heating.

Coffee

Serves: 1
Ingredients:

1 cup	water
1 to 2 teaspoons	instant coffee

Method:
Pour water into heatproof cup. Add coffee. Stir. Cook on HIGH for 1 to 2 minutes. Add milk and sugar if desired. Stir.

Tea

Serves: 1
Ingredients:

¾ cup	hot tap water
1	tea bag

Method:
Pour water into a heatproof cup. Cook on HIGH for 1 to 2 minutes. Submerge tea bag in water. Stand until desired strength is reached. Remove tea bag. Add milk and sugar if desired. Stir.

Hot Cocoa

Makes: 1 cup
Ingredients:

2 teaspoons	cocoa powder
1 teaspoon	sugar
2 tablespoons	water
1 cup	milk

Method:
Combine cocoa, sugar and water in a heatproof cup. Cook on HIGH for 10 to 15 seconds. Stir in milk. Cook on MEDIUM-HIGH for 1 to 2 minutes.

Hot Lemon and Honey Drink

Makes: 1
Ingredients:

	juice of ½ lemon
1 tablespoon	honey
1 cup	water

Method:
Mix all ingredients in a 2-cup heatproof jug. Cook on HIGH for 2 to 3 minutes. Stir well.

HINT:
TO REHEAT FILTERED COFFEE;
Keep a jug in the refrigerator for fresh coffee at any time. Reheat 1 mug for 1½ to 2 minutes on HIGH power. (Stir coffee before heating.)

Gravy

Makes: 2 cups (500 ml)
Ingredients:

2 tablespoons	dripping or pan juice
1	small onion, finely chopped
2 tablespoons	flour
1 tablespoon	tomato paste
1½ cups	beef stock
	salt and pepper

Method:
Place dripping or pan juices and onion in a 2-cup jug. Cook on HIGH for 2 minutes. Add flour, tomato paste and half of the beef stock. Stir well. Cook on HIGH for 2 minutes. Add remaining stock. Stir well and cook on HIGH for a further 2 minutes. Season with salt and pepper. Serve with the meat of your choice.

Muesli

Makes: 3½ cups
Ingredients:

⅓ cup	honey
¼ cup	butter
2 cups	rolled oats
¼ cup	each of:
	bran
	wheat germ
	coconut
	nuts (chopped)
	sunflower seeds
	sesame seeds
½ cup	mixed dried fruit of your choice

Method:
Warm honey and oil (approximately 30 seconds) on HIGH until honey is melted, stirring once. Place dry ingredients in a large container and stir in honey mixture. Cook on HIGH for 6 to 7 minutes, stirring several times. Stir in selected dry fruit. Leave to go cold, and store in an airtight container.

HINT:
TO REHEAT CROISSANTS:
Wrap in paper towels (and place on a dinner plate), cook on HIGH for 15 to 30 seconds.

HINT:
TO TOAST COCONUT:
Place ½ cup of coconut on a pyrex pie plate. Cook on HIGH for 1 to 2 minutes, stirring occasionally.

Basic White Sauce

Makes: 1 cup

Ingredients:

2 tablespoons	butter
2 tablespoons	flour
	salt and white pepper
1¼ cups	milk

Method:

Place butter in a 4-cup jug. Cook on HIGH for 30 to 40 seconds. Stir in flour, salt and pepper. Gradually add milk, stirring until smooth. Cook on HIGH for 3 to 4 minutes stirring twice.

Tip: For cheese sauce, stir in ½ cup grated cheese once sauce has thickened.

Boiled Rice

Serves: 4

Ingredients:

1 cup	long grain rice
2 cups	hot tap water

Method:

Place all ingredients in a 3-litre dish. Cook uncovered on HIGH for 12 to 14 minutes. Stand covered for 10 minutes. Drain and serve.

Tip: Butter and parsley can be mixed through before serving.

Boiled Brown Rice

Serves: 3 to 4

Ingredients:

1 cup	brown rice
3 cups	boiling water

Method:

Place all ingredients in a 4-litre dish. Cook uncovered on HIGH for 25 to 30 minutes. Stand covered for 10 minutes. Drain and rinse under hot water.

Macaroni and Cheese

Serves: 4 to 6

Ingredients:

40g	butter
2	onions, finely chopped
2 tablespoons	flour
2 cups	milk
1 cup	grated tasty cheese
6 cups	cooked macaroni, drained well
½ cup	extra grated tasty cheese
	paprika

Method:

Place butter and onions in a 2-litre casserole dish and cook on HIGH for 3 to 5 minutes. Add flour, mix well and cook on HIGH for 1 minute. Blend in milk and cook on HIGH for 4 to 5 minutes, stirring halfway through cooking.

Add cheese to sauce. Place macaroni and sauce in a 3-litre casserole dish. Mix well.

Top with extra cheese and sprinkle with paprika. Cook on HIGH for 6 to 8 minutes.

Pasta

serves: 1 to 2

Ingredients:

125 g	dried pasta
4 cups	hot tap water

Method:

Place pasta and water in a 2 to 3-litre casserole dish. Place uncovered in microwave and cook on HIGH for 12 to 14 minutes. Allow to stand for 3 to 5 minutes before draining.

Popcorn

Serves: 2 to 4

Ingredients:

3 tablespoons	popping corn

Method:

Place popping corn in a loosely twisted oven bag. Place oven bag on an inverted microwave-safe plate. Cook on HIGH for 1½ to 2½ minutes. Remove from bag and serve sprinkled with salt and melted butter.

HINT:
TO REHEAT COOKED RICE
Add 1 to 2 tablespoons of water or a knob of butter and cook on HIGH for 2 to 3 minutes.

HINT:
TO REHEAT POURING CUSTARD:
Place 600 ml in a 1-litre jug and cook on HIGH for 2 to 3 minutes stirring once.

Packet Cake

Ingredients:
1 packet cake mix (340 g)
Ingredients as recommended by manufacturer.

Method:
Mix cake and other ingredients with a metal spoon. DO NOT OVERBEAT. Pour into a 20 cm round dish that has been lightly greased and lined. Cook on MEDIUM for 5 to 7 minutes. Stand and allow to cool before removing.

Variations:
- 1 tablespoon jam added to batter before cooking.
- Add 1 cup sour cream to batter and halve water suggested by manufacturer.
- Half a cup chopped nuts, ¼ cup brown sugar and 1 teaspoon cinnamon. Mix and place on base of cake dish before cooking cake.
- Two tablespoons honey and 30 g butter melted in glass jug on HIGH 30 to 60 seconds. Pour over just baked buttercake. Sprinkle with cinnamon. Serve warm with cream or custard as a dessert or cold with cream as a tea cake.
- A quarter of a cup toasted muesli mixed with 1 tablespoon marmalade and placed in the base of the dish.

Tip: Packet cakes are best mixed by hand as the microwave will do the aerating.

Baked Custard

Serves: 4 to 5
Ingredients:

425 ml	milk
3	eggs, lightly beaten
¼ cup	sugar
1 teaspoon	vanilla essence
	pinch ground nutmeg

Method:
Place milk in a 4-cup glass jug. Cook on HIGH for 2 minutes. Add eggs, sugar and vanilla to milk, whisking all the time. Strain mixture into a 20 cm round dish, sprinkle with nutmeg. Cook on MEDIUM-LOW for 15 to 17 minutes. Allow to stand covered for 5 minutes before serving.

HINT:
TO HEAT BABY FOOD:
When heating 100 g baby food, place the food in a small microwave safe dish and heat on HIGH for 15 to 30 seconds, depending on the initial temperature of the food. Stir and test temperature before serving or heating further.

Roasted Nuts

Serves: 2 to 4

Morish with drinks
Ingredients:

1 cup	raw peanuts (with or without skins, and unsalted)
2 teaspoons	salad oil
	salt to taste

Method:
Place peanuts in a single layer on a pie plate. Cook on HIGH for 3 to 5 minutes, stirring every 2 minutes during cooking until golden brown. Drizzle nuts with oil and sprinkle with salt. Stir well. Cook on HIGH for 30 to 40 seconds. Stir. Serve hot or cold in a small bowl.

Vegetable Soup

Serves: 4 to 6
Ingredients:

500 g	prepared vegetables of your choice (carrots, turnips, celery, etc.), finely chopped
1	onion, chopped
2 tablespoons	butter
2 tablespoons	plain flour
3½ cups	chicken stock
	salt and pepper
3 tablespoons	parsley, chopped

Method:
Place vegetables, except onion, in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Set aside. Place onion and butter in a 4-cup jug and cook on HIGH for 2 to 3 minutes. Add flour to onion mixture and mix well. Gradually add 1 cup of stock. Stir well. Cook on HIGH for 3 minutes, stirring halfway through cooking. Add remaining stock and onion mixture to vegetables in casserole dish. Cook on HIGH for 12 to 14 minutes. Season with salt and pepper and serve, sprinkle with chopped parsley.

HINT:
TO REHEAT A SINGLE PORTION OF SOUP:
Place in microwave safe dish and cook on HIGH for 2 to 3 minutes.

Pumpkin Soup

Recipe Prompting

Serves: 4
Ingredients:

1 kg	pumpkin, chopped and peeled
1	onion, diced
2 cups	chicken stock
1 teaspoon	curry powder
	pepper

Method:
Place pumpkin and onion in a 2-litre casserole dish. Cover and cook on HIGH for 10 minutes. Add chicken stock, curry powder and pepper. Cook on HIGH for 10 minutes. Cool slightly. Puree pumpkin and liquid in a blender or food processor. Pour into individual serving dishes and garnish with chives.

Pumpkin Soup

Mushroom Soup

Serves: 4
Ingredients:

1 tablespoon	butter
250 g	mushrooms, sliced
1 tablespoon	flour
2 cups	chicken stock
¼ cup	white wine
1 teaspoon	mustard
½ cup	cream

Method:
Place butter and mushrooms in a 2-litre casserole dish. Cover and cook on HIGH for 3 to 5 minutes. Add flour, stock, wine, mustard and cream to mushrooms and mix well. Cover and cook HIGH for 6 to 8 minutes, stirring halfway through cooking. This soup can be puréed if preferred.

Speedy Nachos

Recipe Prompting

Serves: 2 to 4
Ingredients:

1 can (310 g)	red kidney beans, drained
1 cup	chili salsa
180 g	packet corn chips
2 cups	grated cheese

Method:
Place kidney beans and salsa in a 1-litre dish. Place corn chips in the base of a flat dish. Pour over sauce and top with grated cheese. Cook on HIGH for 4 to 5 minutes.

Note: Chili salsa can be substituted with your favorite tomato relish.

Pea and Ham Soup

Serves: 6 to 8
Ingredients:

500 g	split peas
2 cups	water
500 g	ham or bacon bones
1	bayleaf
3 cups	water, extra
2	rashers bacon, rind removed
1	medium sized carrot, peeled and diced
1	large onion, peeled and diced
½ teaspoon	thyme
6 cups	chicken or bacon stock

Method:
Soak peas in 2 cups of water for at least 1 hour. Drain. Place peas and 3 cups fresh water in a 4-litre casserole dish with bones and bayleaf. Cook covered on HIGH for 10 minutes. Reduce power to MEDIUM and cook for a further 20 to 25 minutes. Remove meat from bones and set aside. Discard bayleaf. Add meat from bones, carrot and onion to split peas. Cook on HIGH for 2 minutes. Add vegetables, bacon, thyme and stock to split peas. Cook on HIGH for 10 minutes. Reduce power to MEDIUM and cook for a further 15 minutes. Serve hot in individual bowls.

Oyster Soup

Oyster Soup

Serves: 4 to 6
Ingredients:

30 g	butter
2 tablespoons	flour
2 cups	chicken stock
½ cup	cream
20	bottled oysters, drained
	salt and white pepper
	snipped chives to garnish

Method:
Place butter in a 2-litre casserole dish and cook on HIGH for 1 minute.
Add flour, stir well and cook on HIGH for 30 seconds. Gradually add stock stirring continuously. Cook on HIGH for 3 to 5 minutes, stirring halfway through cooking. Add cream, oysters, salt and pepper. Cook on MEDIUM-HIGH for 1 to 2 minutes. Spoon into individual dishes and garnish with chives.

HINT:
TO MAKE CROUTONS:
Remove crusts from 3 slices of bread and cut into cubes. Place in a pyrex bowl with 1 tablespoon of butter and cook on HIGH for 2 to 3 minutes

Tomato Bacon Soup

Recipe Prompting

Serves: 4 to 6

Ingredients:

4	bacon rashers, chopped
1	onion, chopped
1 can (840 g)	tomatoes
2 tablespoons	tomato paste
2 cups	chicken stock
2 teaspoons	oregano
	pepper

Method:
Place bacon and onion in a 3-litre casserole dish. Cook on HIGH for 3 minutes. Add remaining ingredients and stir. Cook on HIGH for 16 to 18 minutes, stirring once during cooking. Puree in a food processor or blender and serve in individual soup bowls.

Potato and Leek Soup

Recipe Prompting

Serves: 4 to 6
Ingredients:

800 g	potatoes, peeled and diced
1½ cups	thinly sliced leeks
2 teaspoons	thyme
	pepper
2 cups	chicken stock

Method:
Place potatoes, leek, thyme and pepper in a 4-litre casserole dish. Cover and cook on HIGH for 8 minutes. Set aside. Stir in 2 cups of chicken stock. Cover and cook on HIGH for 14 to 16 minutes. Puree soup mixture, serve hot or cold in individual bowls.

Creamy Broccoli Soup

Serves: 4
Ingredients:

750 g	broccoli
6 cups	boiling chicken stock
150 ml	cream
2 tablespoons	chopped parsley
	salt and freshly ground black pepper

Method:
Cut broccoli stalks into 2.5 cm pieces. Place stalks and flowerets into a 3-litre casserole dish. Add stock to dish. Cover and cook on HIGH for 18 to 20 minutes. Drain and reserve 2 cups of liquid. Purée broccoli with 2 cups of liquid in a blender or food processor. Stir in cream and parsley. Cook on MEDIUM for 2 to 3 minutes. Season with salt and pepper. Serve.

Crab and Corn Soup

Serves: 4 to 6
Ingredients:

1	onion, finely chopped
450 ml	boiling chicken stock
1 can (300 g)	creamed corn
	salt and pepper
1 can (170 g)	crabmeat, drained
150 ml	milk
	chopped parsley for garnish

Method:
Place onion in a 3-litre casserole dish. Cook on HIGH for 2 to 4 minutes. Add chicken stock, corn, salt and pepper. Cook on HIGH for 2 to 3 minutes. Add crab meat and milk and mix well. Cook on HIGH for 3 minutes. Sprinkle with parsley. Serve.

Nuts and Bolts

Serves: 6 to 8
Ingredients:

⅓ cup	butter
½ teaspoon	curry powder
2 tablespoons	worcestershire sauce
½ teaspoon	salt
¼ teaspoon	garlic powder
52 g	packet mixed rice crackers
75 g	packet sesame bits (rice crackers)
200 g	salted peanuts
125 g	packet pretzel sticks
½ cup	Nutri-Grain

Method:
Place butter, curry, worcestershire sauce, salt and garlic powder in a 3-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add remaining ingredients, mix well and cook on HIGH for 5 to 6 minutes, stirring twice through cooking. Serve in a bowl with drinks.

Frankfurters

Serves: 5
Ingredients:

10	frankfurters
¼ cup	water

Method:
Place frankfurters in a 2-litre casserole dish. Make a few slits in each frankfurter. Add water to dish. Cover dish with a lid or plastic wrap. Cook on HIGH for 4 to 5 minutes.

Tip: To cook one frankfurter, prick and place on a dinner plate. Cook on HIGH for 30 to 40 seconds.

Potato and Corn Soup

Potato and Corn Soup

Serves: 6 to 8
Ingredients:

6	rashers bacon, rind removed
1	onion, thinly sliced
500 g	potatoes, peeled and diced
4 cups	chicken stock
1 can (440 g)	creamed corn
2 tablespoons	flour, mixed with a little stock
½ teaspoon	thyme
	salt and pepper

Method:
Chop bacon and place in a 4-litre dish. Cook on HIGH for 2 to 3 minutes. Remove bacon from dish and set aside. Add onion and potatoes to dish and cook on HIGH for 8 to 10 minutes. Add stock and cook on HIGH for a further 8 to 10 minutes. Mix flour with 2 tablespoons of stock and add to dish with corn, thyme and bacon. Cook on HIGH for 4 to 5 minutes. Stir halfway through cooking. Season with salt and pepper.

Ham and Cheese Croissants

Serves: 2
Ingredients:

2	croissants
4	slices ham
4	slices tasty cheese
	salt and pepper

Method:
Cut croissant in half lengthwise.
Place cut side up on a dinner plate.
Place ham on top of each croissant.
Place cheese on top of ham.
Cook on HIGH for 1½ to 2 minutes.
Season to taste with salt and pepper. Serve.

Mini Pizzas

Serves: 2 to 4

Ingredients:

4	small round pita breads
2 tablespoons	tomato paste
¾ cup	grated mozzarella cheese
½ cup	chopped salami
50 g	mushrooms, chopped
2	tomatoes, chopped
1 teaspoon	mixed dried herbs

Method:

Place pita bread onto a dinner plate. Spread each piece with tomato paste, then sprinkle with remaining ingredients. Cook on MEDIUM for 4 to 5 minutes.

Cheesy Ham Omelette

Serves: 1 to 2

Ingredients:

3	eggs, separated
2 tablespoons	milk
	salt and pepper
¼ cup	grated cheese
50 g	ham, cut into strips
1	shallot, finely sliced
	butter for greasing

Method:

Beat egg yolks, with milk and salt and pepper in a bowl. In a separate bowl, beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture with cheese, ham and shallot. Place onto a well greased dinner plate. Cook on MEDIUM for 4 to 5 minutes.

Stand for 2 minutes before folding in half to serve.

Hummus

Makes: Approximately 3 cups

Ingredients:

375 g	chick peas
8 cups	water
2 tablespoons	lemon juice
2 tablespoons	minced garlic
3 tablespoons	olive oil

Method:

Place chick peas and water in a 4-litre casserole dish and soak overnight. Cover and cook on HIGH for 15 minutes. Then for a further 45 minutes on MEDIUM-HIGH. Drain. Place all ingredients into food processor and process 6 to 8 minutes or until smooth. If mixture is too thick, add extra water. Serve as a dip with blanched carrot, cauliflower and broccoli.

Nachos Supreme

Serves: 4 to 6

Ingredients:

500 g	topside mince onion, chopped
35 g	packet Taco seasoning mix
1 can (140 g)	tomato paste
1 teaspoon	Mexican chili powder
1 can (310 g)	red kidney beans, mashed in liquid
180 g	packet corn chips
1	avocado
½ cup	sour cream
½ cup	grated cheese
	paprika

Method:

Place meat and onion in a 2-litre dish. Cover and cook on MEDIUM-HIGH for 6 minutes. Mix with a fork, breaking up any large pieces of meat. Add taco mix, tomato paste, chili powder and kidney beans. Cook on MEDIUM-HIGH for a further 10 minutes, stirring halfway through cooking. Place corn chips in a 3-litre microwave suitable serving dish. Pile meat sauce in the centre. In a small bowl, mash avocado and mix in sour cream. Spoon this mixture over meat sauce and top with grated cheese. Sprinkle on paprika. Heat on MEDIUM-HIGH for 3 to 4 minutes.

Pâté

Makes: 2 cups

Ingredients:

2	rashers bacon, rind removed and bacon chopped
1	small onion, finely chopped
1	clove garlic, crushed
125 g	butter
375 g	chicken livers, trimmed and cut in half
½ teaspoon	pepper
2 tablespoons	brandy
2 tablespoons	sour cream

Method:

Place bacon, onion, garlic and butter into a 1-litre casserole dish. Cook on HIGH for 4 to 5 minutes. Add chicken livers and pepper to mixture. Cover and cook on MEDIUM for 6 to 7 minutes, stirring halfway through cooking. Set aside and allow to cool. Place cooled mixture in a blender or food processor. Add brandy and sour cream and process until smooth. Pour into a 2-cup mould and refrigerate until set.

Fish and Shellfish

Directions for Cooking Fish and Shellfish by Microwave

Clean fish before starting the recipe. Arrange fish in a single layer, do not overlap edges. Prawns and scallops should be placed in a single layer.

Cover dish with plastic wrap. Cook on the power level and for the minimum time recommended in the chart below. Halfway through cooking rearrange or stir prawns or scallops.

Fish and Shellfish Chart for Microwave Cooking by Time

FISH OR SHELLFISH	AMOUNT	POWER	APPROX. COOKING TIME (in minutes)
Fish Fillets	500 g	MEDIUM	4 to 6
Scallops (sea)	500 g	MEDIUM	4 to 6
Green Prawns, medium size (shelled and cleaned)	500 g	MEDIUM	5 to 7
Whole Fish (stuffed or unstuffed)	500 g to 900 g	MEDIUM	6 to 8

Salmon Mornay

Serves: 4

Ingredients:

40 g	butter
1	onion, diced
¼ cup	flour
1 teaspoon	dried or
1 tablespoon	fresh parsley
	pepper
½ teaspoon	prepared mustard
1½ cups	milk
1 can (440 g)	salmon
¾ cup	fresh breadcrumbs
⅓ cup	grated cheese

Method:

Place butter and onion in a 4-cup jug. Cook on HIGH for 1 minute. Add flour and cook on HIGH for 1 minute. Add parsley, pepper, mustard and gradually blend in milk. Cook on HIGH for 3 to 4 minutes, stir halfway through cooking. Lightly mix through salmon and liquid into sauce. Pour into a serving dish and top with breadcrumbs and cheese. Cook for a further 4 to 5 minuites on HIGH power.

Lemon Pepper Fish

Recipe Prompting

Serves: 2

Ingredients:

300 g	fish fillets
¼ cup	lemon juice
1 teaspoon	cracked black (ground) pepper

Method:

Place fish, lemon juice and cracked black pepper in a 1-litre casserole dish. Cook on MEDIUM for 5 minutes. Allow to stand for 3 minutes before serving.

Sweet Scallop Stir Fry

Serves: 2 to 4

Ingredients:

1 tablespoon	oil
1	onion, quartered
½ teaspoon	crushed garlic
½	large red capsicum, sliced
2	sticks celery, sliced
2 tablespoons	sliced water chestnuts
100 g	snow peas
1 tablespoon	honey
1 tablespoon	sweet chili sauce
1 tablespoon	chopped mint
500 g	scallops

Method:

Preheat a browning dish on HIGH for 5 to 7 minutes. Add onions and garlic and cook on HIGH for 1 to 2 minutes. Add remaining ingredients and cook on HIGH for 3 to 5 minutes, stir halfway through cooking. Serve immediately.

Oysters Kilpatrick

Makes: 12

Ingredients:

60 g	bacon, rind removed and bacon finely chopped
1 tablespoon	worcestershire sauce
2 teaspoons	lemon juice
12	oysters in shell

Method:

Mix together bacon, worcesteshire sauce and lemon juice in a small bowl. Cover bacon mixture and cook on HIGH for 1 to 2 minutes. Place oysters in shell evenly around a dinner plate and sprinkle with bacon mixture. Cook on HIGH for 2 minutes. Serve with drinks.

Coquille St Jacques

Italian Mussels

Serves: 2 to 4

Ingredients:

20 g	butter
1½ cup	chopped leeks
1	clove garlic, crushed
1 can (440 g)	peeled tomatoes, roughly chopped
1 tablespoon	tomato paste
½ teaspoon	dried oregano
½ teaspoon	dried basil
	freshly ground black pepper
750 g	fresh mussels

Method:

Place butter, leeks and garlic into shallow 3-litre dish. Cook on HIGH for 2 minutes. Stir well. Add tomatoes, tomato paste, oregano, basil and pepper, mix well. Cook on HIGH for 3 to 4 minutes. Add mussels, spooning some of the tomato mixture into the shells to increase the flavour. Cover and cook on HIGH for 5 to 6 minutes. Serve immediately.

Smoked Red Cod

Serves: 2 to 4

Ingredients:

2 (approx. 500 g)	medium sized smoked red cod fillets
1 tablespoon	butter, melted
3 teaspoons	water
	freshly ground black pepper

Method:

Place all ingredients in a large casserole dish. Cover and cook on MEDIUM for 5 to 6 minutes or until cooked and fish flakes when tested with a fork. Season to taste.

Coquille St Jacques

Serves: 4 to 6

Ingredients:

2 tablespoons	butter
1	onion, finely chopped
60 g	button mushrooms, sliced
¼ cup	plain flour
2 cups	milk
¼ cup	white wine
500 g	scallops
1 cup	fresh breadcrumbs
½ cup	grated Swiss cheese
2 tablespoons	chopped parsley
	salt and pepper

Method:

Place butter, and mushrooms in a 2-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour, stir well. Gradually add milk and white wine, stirring continuously. Cook on HIGH for 3 to 4 minutes, stirring halfway through cooking. Add scallops and cook on MEDIUM-HIGH for 2 to 4 minutes. Stirring halfway through cooking. Divide mixture into 4 to 6 ramekins. Mix together breadcrumbs, cheese, parsley, salt and pepper in a small bowl. Sprinkle over each scallop mixture. Cook on HIGH for 1 to 2 minutes.

Salmon Pâté

Makes: 2½ cups

Ingredients:

1 tablespoon	butter or margarine
3	shallots, sliced
1 tablespoon	plain flour
1 teaspoon	prepared mustard
	salt and pepper
½ cup	sour cream
¼ cup	mayonnaise
¼ cup	white wine
1 tablespoon	lemon juice
1 can (440 g)	salmon, drained and bones removed
1 tablespoon	gelatine
¼ cup	water

Method:

Place butter or margarine and shallots in a 1-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour, mustard, salt and pepper. Stir and cook on HIGH for 1 minute. Stir in sour cream, mayonnaise, wine, lemon juice and salmon. Purée mixture in a blender or food processor. Place gelatine and water in small dish and cook on HIGH for 20 to 30 seconds. Allow mixture to cool slightly. Stir into salmon mixture. Pour into a 2½ cup mould and refrigerate until set.

Fish and Shellfish

Gingered Whole Fish

Recipe Prompting

Serves: 2

Ingredients:

400 g	whole bream
2 tablespoons	lemon juice
2 tablespoons	soy sauce
1 teaspoon	minced ginger
3	shallots, sliced

Method:

Place fish in a shallow casserole dish. Combine lemon juice, soy sauce, minced ginger and shallots in a 1-litre jug. Pour sauce mixture over fish. Cover and cook on MEDIUM for 5 to 6 minutes. Turn over and cover. Cook on MEDIUM for 5 minutes.

Whole Stuffed Fish

Serves: 2

Ingredients:

500 g	whole fish, cleaned and scaled (Bream or Snapper)
2 tablespoons	melted butter
Stuffing:	
1 cup	fresh breadcrumbs
4	shallots, sliced
1 teaspoon	dried basil
	juice of ½ lemon
2 tablespoons	chopped parsley
	freshly ground black pepper

Method:

Brush fish cavity with melted butter. Combine remaining butter with remaining ingredients to make stuffing. Stuff fish cavity with mixture and secure opening with wooden skewers or string. Place fish on a ceramic rack in a 3-litre casserole dish and cook on MEDIUM for 6 to 8 minutes. Stand covered for 5 minutes.

Garlic Prawns

Recipe Prompting

Serves: 2

Ingredients:

60 g	butter
1 teaspoon	minced garlic
1 tablespoon	lemon juice
1 tablespoon	chopped parsley
500 g	peeled green prawns

Method:

Place butter and garlic in a 1-litre dish and cook on HIGH for 40 to 60 seconds. Add lemon juice, parsley and prawns. Cook on MEDIUM for 5 to 7 minutes stirring halfway through cooking. Serve in individual ramekins.

Seafood Marinara

Seafood Marinara

Serves: 4

Ingredients:

250 g	scallops
250 g	green prawns, shelled and deveined
1 (approx. 275 g)	squid, cleaned and sliced
2 tablespoons	butter
1	clove garlic, crushed
2	tomatoes, peeled and chopped
1 tablespoon	tomato paste
¼ cup	white wine
1 teaspoon	basil
	pepper, chopped
	parsley

Method:

Place cleaned seafood into a 2-litre casserole dish. Set aside. Place butter and garlic in a 1-litre casserole dish. Cook on HIGH for 1 minute. Add remaining ingredients (except seafood), to dish and cook on HIGH for 5 minutes. Purée tomato mixture in a blender or food processor and pour over seafood. Cook on MEDIUM for 8 to 10 minutes. Stand for 5 minutes. Serve with salad and pasta.

HINT:

When cooking a whole fish, remove or shield the eyes before cooking to prevent eyes exploding.

Poultry

Directions for Cooking Whole Poultry by Microwave

Season as desired, but salt after cooking.
Browning sauce mixed with equal parts of butter will enhance the appearance.
Poultry may be stuffed or unstuffed. Tie legs together with cotton string. Place on a microwave rack set in a rectangular dish. Place poultry breast-side down: turn over halfway through cooking. Cover with wax paper to prevent splattering.
If the poultry is not cooked enough, return it to the oven and cook a few more minutes at the recommended power level.
DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN.
Let stand, covered with foil, 10 to 15 minutes after cooking. Standing time allows the temperature to equalize throughout the food and finishes the cooking process.
If a large amount of juice accumulates in the bottom of the baking dish, occasionally, drain it. If desired, reserve juices for making gravy.
Less-tender birds should be cooked in liquid such as soup or broth. Use ¼ cup per 500 g of poultry.
Use an oven cooking bag or a covered casserole. Select a covered casserole deep enough so that bird does not touch the lid.
If an oven cooking bag is used, prepare according to package directions. Do not use wire twist-ties to close bag. Use only nylon tie, a piece of cotton string, or a strip cut from the open end of the bag. Make six 2 cm slits on top of bag.
Multiply the weight of the poultry by the minimum recommended minutes per 500 g. Programme Power and Time.
After cooking, check the internal temperature of the bird with a microwave or conventional meat thermometre inserted into the muscle. Check temperature in both muscles. The thermometer should not touch bone. If it does, the reading could be inaccurate. A thermometer cannot be accurately inserted into a small bird. To check desired cooking of a small bird, juices should be clear and the drumsticks should readily move up and down after standing time.
During cooking, it may be necessary to shield legs, wings and the breast bone with foil to prevent overcooking. Wooden toothpicks can be used to hold foil in place.

Directions for Cooking Poultry Pieces by Microwave

Cover with wax paper, or paper towel. Multiply weight by the minimum time recommended in the chart.
Arrange pieces skin-side down and evenly spread in a shallow dish.
Turn or rearrange halfway through cooking. Shield wing tips, drumstick ends etc., if required.

Poultry Chart for Microwave Cooking by Time

POULTRY	POWER	TEMPERATURE AFTER COOKING	APPROX. COOKING TIME (minutes per 500 g)
Chickens (up to 2 kg)	MEDIUM-HIGH	87°C	10 to 15
Chicken (pieces)	MEDIUM-HIGH	87°C	8 to 10
Turkey	MEDIUM-HIGH	87°C	10 to 15
Duck	MEDIUM-HIGH	87°C	10 to 15

Poultry

Chicken and Potato Casserole

Serves: 4

Ingredients:

1	BBQ (cooked) chicken
500 g	potatoes, peeled and thinly sliced
1¼ cup	water
30 g	butter
1	onion, finely chopped
1	clove garlic, crushed
2 tablespoons	plain flour
1 cup	chicken stock
1 teaspoon	french mustard
½ cup	cream
¾ cup	grated tasty cheese
	paprika

Method:

Remove chicken meat from bones. Place potatoes and water in a 2-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Drain. Combine chicken and potatoes. Set aside. Place butter in a 4-cup glass jug and cook on HIGH for 1 minute. Add onion and garlic to jug and cook on HIGH for 1 to 2 minutes. Add flour and stir. Gradually add stock and blend to a smooth paste. Cook on HIGH for 2 to 3 minutes.

Add mustard and cream. Stir well. Pour sauce over chicken and potato mixture. Sprinkle with cheese and paprika. Cook on MEDIUM-HIGH for 4 to 6 minutes. Serve with vegetables.

Chicken Breasts with Ham and Cheese

Serves: 4

Ingredients:

4	chicken breasts
	seasoned flour
1 tablespoon	oil
4 slices	ham
4 slices	swiss cheese
2 tablespoons	chicken stock
2 tablespoons	white wine
1 tablespoon	flour
	salt and pepper

Method:

Preheat a browning dish on HIGH for 5 to 7 minutes. Coat chicken with seasoned flour. Add oil and chicken to browning dish and cook on HIGH for 6 to 8 minutes, turning halfway through cooking. Place chicken in a 3-litre casserole dish. Top each breast with a slice of ham, then cheese. Mix together stock, wine and flour and pour over chicken. Season with salt and pepper. Cook on MEDIUM for 5 to 7 minutes.

Serve with minted peas and whole new potatoes.

Roast Turkey

Serves: 6 to 8

Ingredients:

2.5 to 2.8 kg	turkey
60 g	butter
1	stick celery, finely sliced
1	small onion, finely chopped
2	small cooking apples, peeled and grated
2 cups	fresh breadcrumbs
1 tablespoon	parsley, finely chopped
1	egg
	salt and pepper
1 tablespoon	oil
	lemon pepper or seasoned salt

Method:

Clean and pat dry turkey with paper towel. Melt butter in a 1-litre casserole dish on HIGH for 30 to 40 seconds. Add celery, onion and apples. Cook on HIGH for 5 minutes. Add breadcrumbs, parsley, egg, salt and pepper. Mix well and stuff mixture into cleaned turkey. Place turkey breast-side down on a ceramic rack in a 3-litre casserole dish. Pierce skin of turkey with a fork. Secure legs of turkey with string. Brush with oil. Sprinkle with lemon pepper or seasoned salt.

Cook on MEDIUM for 60 to 70 minutes, turning halfway through cooking. Stand covered for 10 minutes before serving.

Chicken Cacciatore

Recipe Prompting

Serves:4

Ingredients:

1 can (440 g)	tomatoes
¼ cup	tomato paste
1 teaspoon	minced garlic
1	onion, diced
2 teaspoons	dried oregano
1 kg	chicken drumsticks

Method:

Place all ingredients in a 2-litre casserole dish. Stir until combined. Cover and cook on MEDIUM-HIGH for 10 to 12 minutes. Turn chicken and stir. Cook on MEDIUM-HIGH for 10 to 12 minutes.

HINT:

After cooking whole poultry, cover with foil to retain heat while finishing the remainder of the meal.

Roast Chicken

Serves: 4 to 6

Ingredients:

1.5 kg	chicken
2 tablespoons	melted butter
	seasonings of your choice
	lemon, pepper, seasoned salt, etc.

Method:

Clean and pat dry chicken with paper towel. Brush chicken with melted butter and sprinkle with seasoning. Place chicken breast-side down, on rack in a 3-litre dish. Cook on MEDIUM-HIGH for 30 to 35 minutes. Turn halfway through cooking.

Peanut Satay

Serves: 4

Ingredients:

Marinade:

½ teaspoon	caraway seeds
1 teaspoon	ground coriander
1	clove garlic, crushed
1 tablespoon	brown sugar
1 tablespoon	soy sauce
1 tablespoon	lemon juice
	pinch salt
750 g	boneless chicken, cut into 2.5 cm cubes
	into 2.5 cm cubes
	bamboo skewers

Satay Sauce:

3	red chilies, seeded and finely chopped
2	cloves garlic, crushed
	1 cm piece ginger, grated
1 teaspoon	salt
½ cup	peanut butter
1 cup	water
¼ cup	sultanas
¼ cup	raisins
½ cup	vinegar
½ cup	sugar
½ cup	peanuts
½ cup	coconut milk

Method:

Combine all marinade ingredients in a bowl with chicken meat and marinate at least 24 hours. Combine all sauce ingredients except coconut milk, in a 6-cup jug and cook on HIGH for 8 to 10 minutes, stirring halfway through cooking. Add coconut milk and purée sauce in a blender or food processor. Set aside. Preheat a browning dish on HIGH for 4 to 5 minutes. Thread chicken cubes onto bamboo skewers. Place chicken skewers into browning dish and cook on HIGH for 4 to 6 minutes, or until cooked, turning once during cooking. Serve with satay sauce.

Tip: To reheat sauce: Cook on HIGH for 1 to 2 minutes.

Chicken Tacos (T)

Serves: 4 to 6

Ingredients:

1	clove garlic, crushed
2	large onions, chopped
1 teaspoon	chili powder
1 (35 g)	packet Taco seasoning mix
500 g	chicken tenderloins, diced
1 can (425 g)	red kidney beans
½ cup	tomato paste
1 cup	grated cheese
12	taco shells

Method:

Combine all ingredients except cheese and taco shells in a 3-litre casserole dish. Cover and cook on MEDIUM-HIGH for 18 to 20 minutes, stirring twice during cooking. Serve in heated taco shells topped with grated cheese.

To Cook by ONE TOUCH COOKING:

Prepare as above, cover with plastic wrap. Press Meat Sauce, then Start.

Roast Honey Duck with Orange Sauce

Serves:4 to 6

Ingredients:

1.5 kg	duck
3 tablespoons	honey
1 tablespoon	orange liqueur
1 tablespoon	vinegar

Sauce:

	juice of 2 oranges
	rind of 1 orange
¼ cup	water
1 tablespoon	brown sugar
1 tablespoon	vinegar
1 tablespoon	orange liqueur

Method:

Clean and pat dry duck with paper towel. Pierce skin at 2 cm intervals with a fork. Place honey, liqueur, and vinegar in a 2-cup glass jug and cook on HIGH for 20 seconds. Place duck, breast-side down on a ceramic rack in a 3-litre casserole dish. Brush duck with half of honey mixture. Cook on MEDIUM-HIGH for 20 minutes. Turn duck over and brush with remaining honey mixture and cook on MEDIUM-HIGH for a further 15 to 20 minutes.

Sauce:

Place all ingredients except rind, vinegar and liqueur in a 2-cup jug. Cook on HIGH for 1½ to 2 minutes. Add vinegar and liqueur, and cook for a further 30 seconds. Pour sauce over duck, sprinkle with rind, and serve.

Poultry

Soy Chicken and Vegetables

Serves: 4

Ingredients:

1 tablespoon	cornflour
⅓ cup	soy sauce
¼ cup	water
2 teaspoons	minced ginger
500 g	chicken fillets, sliced
2 cups	sliced vegetables

Method:

Place cornflour, soy sauce, water and ginger in a 3-litre casserole dish and mix well. Cook on HIGH for 1 or 1½ minutes. Add chicken to dish and cook on MEDIUM-HIGH for 4 to 5 minutes, stirring once during cooking. Serve with boiled or fried rice.

Chicken Risotto

Serves: 4 to 6

Ingredients:

1	onion, sliced
2 cups	short grain rice
1 teaspoon	dried thyme
1 teaspoon	cracked black pepper
4 cups	chicken stock
¼	green capsicum, sliced
¼	red capsicum, sliced
2	sticks celery, sliced
4	shallots, chopped
2	cooked sliced chicken fillets
⅓ cup	toasted slivered almonds

Method:

Place onion, rice, thyme, pepper and chicken stock in a 4-litre casserole dish. Cook on HIGH for 18 to 20 minutes. Add capsicums, celery shallots, chicken fillets and slivered almonds. Stir until combined and cook on HIGH for 4 minutes. Serve while warm.

Chicken Wings in Lemon Sauce

Serves:4 to 6

Ingredients:

1 kg	chicken wings
¼ cup	soy sauce
1 teaspoon	ginger powder
2	cloves garlic, crushed
¼ cup	lemon juice

Method:

Place chicken wings in a 3-litre casserole dish. Mix together remaining ingredients and pour over chicken wings. Marinate for 1 to 2 hours in the refrigerator.

Cook covered on MEDIUM-HIGH for 20 to 25 minutes. Serve hot with rice.

Pepper Chicken

Serves: 4

Ingredients:

1 tablespoon	butter
4	chicken breast fillets
1 tablespoon	ground black pepper
2 or 3	cloves garlic, crushed
1 tablespoon	seeded mustard
2 tablespoons	lemon juice
½ cup	cream

Method:

Preheat browning dish on HIGH for 4 to 5 minutes. Flatten chicken fillets and press pepper into each fillet. Add butter and garlic to browning dish with chicken and cook on HIGH for 4 to 6 minutes. Turn halfway through. Remove chicken and add mustard, lemon juice and cream to dish, stir well. Replace fillets into dish and heat on MEDIUM-HIGH for 1 to 2 minutes.

Chicken Curry

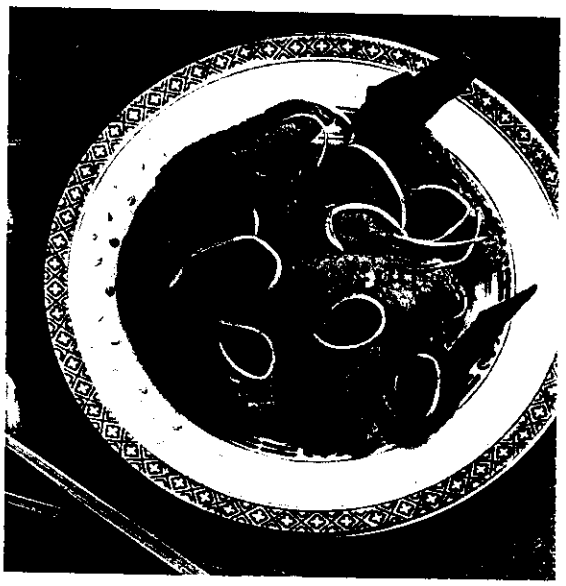
Serves:4

Ingredients:

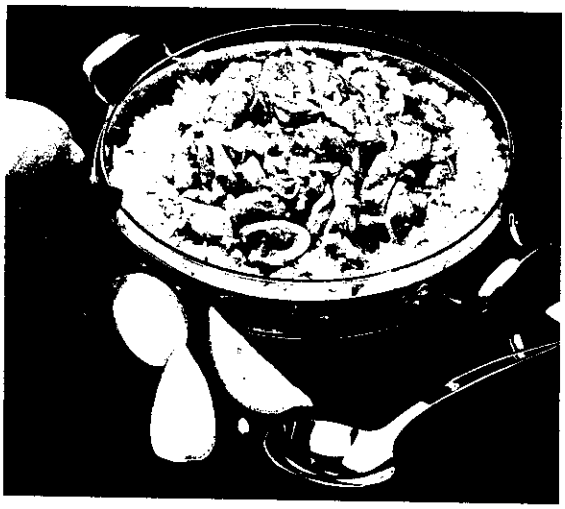
1	onion, chopped
2 tablespoons	red curry paste
500 g	chicken fillets chopped
2 cups	finely sliced vegetables
1 cup	coconut milk

Method:

Place onion and curry paste in a 3-litre casserole dish. Cook on HIGH for 3 to 4 minutes. Add chicken and combine. Cook on MEDIUM-HIGH for 6 minutes, stirring once during cooking. Add vegetables and coconut milk. Stir well. Cover and cook on HIGH for 4 minutes. Serve with Jasmine rice.



Chicken Wings in Lemon Sauce



Spicy Chicken Curry

Chicken Tetrazzini

Serves: 4

Ingredients:

8 cups	water
125 g	spaghetti, broken in half
60 g	butter
¼ cup	flour
¼ teaspoon	salt
¼ teaspoon	pepper
1 cup	chicken stock
1 cup	milk
1.3 kg	BBQ (cooked) chicken
125 g	mushrooms, sliced
¼ cup	Parmesan cheese
	nutmeg for sprinkling

Method:

Place water in a 4-litre casserole dish. Cover and cook on HIGH for 10 minutes. Add spaghetti and cook on HIGH for 8 to 10 minutes. Stand covered for 5 minutes. Drain. Heat butter in a 3-litre casserole dish on HIGH for 30 to 60 seconds. Stir in flour, salt and pepper. Gradually add stock and milk. Stir until smooth. Cook on MEDIUM-HIGH for 6 to 8 minutes, stirring every 2 minutes. Remove chicken meat from bones. Stir in chicken, spaghetti, and mushrooms. Mix well. Sprinkle with Parmesan cheese. Cook on MEDIUM-HIGH for 10 to 15 minutes.

HINT:

- A No. 15 (1.5 kg) chicken will make 4 cups of diced cooked chicken.
- 2 whole breasts will make 2 cups of diced cooked chicken.
- 1 chicken maryland will make 1 cup of diced cooked chicken.

Spicy Chicken Curry

Serves: 4 to 6

Ingredients:

2 tablespoons	oil
1	onion, finely chopped
1	clove garlic, crushed
1 teaspoon	finely grated root ginger
2 teaspoons	ground coriander
½ teaspoon	ground turmeric
1 teaspoon	ground cumin
1 teaspoon	chili powder
3 tablespoons	vinegar
1 kg	chicken breast fillets, cut into strips
1 cup	chicken stock
¼ cup	coconut cream
¼ cup	fruit chutney

Method:

Place oil, onions, garlic and ginger in a 3-litre dish and cook on HIGH for 2 to 3 minutes. Add spices and vinegar to onion mixture and cook on HIGH for 1 to 2 minutes. Add chicken and stock to onion mixture and cook on MEDIUM for 10 to 15 minutes. Before serving stir through coconut cream and fruit chutney. Serve with rice, pappadums and sambals.

Apricot Nectar Chicken

Recipe Prompting

Serves: 4 to 6

Ingredients:

200 ml	apricot nectar
40 g	packet French onion soup
1 kg	chicken drumsticks

Method:

Combine apricot nectar, soup and drumsticks in a 2-litre casserole dish. Cook on MEDIUM-HIGH for 20 to 25 minutes, turning once during cooking. Serve chicken with rice or pasta.

Honey Sesame Drumsticks

Recipe Prompting

Serves: 3 to 4

Ingredients:

8	chicken drumsticks
1 teaspoon	chopped garlic
1 teaspoon	chopped ginger
¼ cup	soy sauce
¼ cup	honey
2 tablespoons	sesame seeds

Method:

Place all ingredients in a 2-litre bowl, stir until combined. Marinate for at least 2 hours or overnight. Remove chicken from marinade and place in a pie plate with meatiest ends to the outside.Cook on MEDIUM-HIGH for 18 to 22 minutes, turning once during cooking.

Main Fare Meats

Directions for Cooking Tender Cuts of Meat by Microwave

For best results, select roasts that are uniform in shape.

Place meat on a microwave rack in a suitable dish. Beef rib roast should be placed cut-side down. Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fat-side up. Halfway through cooking turn roasts. Half hams should be shielded by wrapping an 8 cm wide strip of foil around the large end of the ham. Secure to the body of the ham with wooden toothpicks. Fold 3 cm over cut surface. For shank ham halves, shield shank bone by cupping it with foil. One third of the way through cooking, remove ham from oven and cut off skin. Turn fat-side up and reshield edges. If desired, glaze last 10 to 20 minutes of cooking.
Loosely cover baking dish with wax paper or paper towel to prevent splatter. If a large amount of juice accumulates in the bottom of the dish, drain occasionally. If desired, reserve for making gravy. Multiply the weight of the roast by the minimum recommended times per 500 g. Programme Power and Time.
Meats can be shielded at the beginning of cooking or halfway through cooking. If you wish to shield at the beginning of cooking, remove foil halfway through the cooking time. Beef and pork rib roasts should be shielded by the bones. Foil should extend about 5 cm down from bones. The shank, thin ends of boneless roasts should also be shielded. Make sure foil does not touch the sides of the oven, as arcing may occur.
Canned hams should be shielded on the top cut-edge with a 3 cm strip of foil. Wrap strip of foil around ham and secure to body of ham with wooden toothpicks. Fold 2 cm over cut surface.
After heating, check temperature using a meat thermometer. The thermometer should not touch bone or fat. If it does, the reading could be inaccurate. Lower temperatures are found in the centre of the roast and in the muscle close to a large bone, such as a pork loin centre rib roast. If the temperatures are low, return meat to the oven and cook a few more minutes at the recommended power level. DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. Let stand, covered with foil, 10 to 15 minutes. During standing time the internal temperature equalises and the temperature rises 5°C to 10°C.

Directions for Cooking Less-Tender Cuts of Meat by Microwave

Less-tender cuts of meat such as pot roasts should be cooked in liquid. Use ½ to 2 cups of soup, broth, etc. per 500 g of meat. Use an oven cooking bag or covered casserole when cooking less-tender cuts of meat. Select a covered casserole deep enough so that the meat does not touch the lid.
If an oven cooking bag is used, prepare the bag according to package directions. Do not use wire or metal twist-ties. Use the nylon tie provided, otherwise, use a piece of cotton string or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag to allow steam to escape.
Multiply the weight of the roast by the minimum recommended minutes per 500 g. Programme Power and Time. Turn meat over halfway through cooking. Meat should be tender when cooked.

Meat Chart for Microwave Cooking

MEAT	POWER	APPROX. COOKING TIME (minutes per 500 g)
Beef		
Roasts		
Rare	MEDIUM-HIGH	8 to 10
Medium	MEDIUM-HIGH	10 to 12
Well	MEDIUM-HIGH	12 to 14
Chuck, Flank, Brisket	MEDIUM	25 to 30
Pork		
Leg of Pork	MEDIUM-HIGH	12 to 15
Loin of Pork	MEDIUM-HIGH	12 to 15
Pork Chops	MEDIUM-HIGH	6 to 8
Ham Canned (fully cooked)	MEDIUM-HIGH	5 to 7
Lamb		
Medium	MEDIUM-HIGH	10 to 12
Well	MEDIUM-HIGH	12 to 15

Goulash

Serves: 4

Ingredients:

500 g	lamb chops
1	onion, chopped
1	clove garlic, crushed
1 tablespoon	butter or margarine
2 tablespoons	tomato paste
½ teaspoon	paprika
1	small capsicum, cut into 2.5 cm cubes
1 cup	beef stock
2 tablespoons	flour
2 tablespoons	water
2 tablespoons	sour cream

Method:

Trim fat and bones from meat and cut meat into 2 cm cubes. Place onion, garlic and butter or margarine in a 3-litre casserole dish. Cook on HIGH for 1 to 2 minutes. Add tomato paste and paprika and cook on HIGH for a further 2 minutes. Add lamb, capsicum and stock. Cover and cook on MEDIUM for 25 to 30 minutes, stirring halfway through cooking. Mix flour with 2 tablespoons of water and stir into goulash mixture. Cook on HIGH for 1 to 2 minutes.

Stir in sour cream and serve with pasta or rice.

Lamb and Mushroom Kebabs

Makes: 8 skewers

Ingredients:

¼ cup	red wine
2 teaspoons	lemon juice
1 teaspoon	oil
1	clove garlic, crushed
½ teaspoon	ground coriander
	freshly ground black pepper
500 g	boneless leg lamb, trimmed and cut into 3 cm cubes
200 g	mushrooms, stalks removed
1 tablespoon	oil

Method:

Combine red wine, lemon juice, oil, garlic, coriander and pepper in a jug. Place lamb in a bowl. Pour over liquid. Cover and leave to marinate overnight. Preheat browning dish on HIGH for 4 to 6 minutes. Thread lamb cubes and mushrooms alternately onto bamboo skewers, approximately 4 cubes of meat per skewer. Add oil to browning dish and place 4 skewers in dish. Cook on HIGH for 2 to 3 minutes, turning once during cooking. Remove skewers and drain any juices. Preheat the browning dish on HIGH for a further 3 minutes. Add remaining 4 skewers and cook on HIGH for 2 to 3 minutes. Serve on a bed of rice.

Veal Paprika

Serves: 4

Ingredients:

750 g	diced veal
250 g	mushrooms, sliced
1 cup	chicken stock
1	onion, finely chopped
1 teaspoon	paprika
	salt and pepper
2 tablespoons	flour
1 tablespoon	tomato paste
½ cup	sour cream

Method:

In a 3-litre dish combine veal, mushrooms, ½ cup chicken stock, onion, paprika, salt and pepper. Cook on MEDIUM-HIGH for 10 to 15 minutes. Blend flour with remaining stock. Stir into veal with tomato paste and cook on HIGH for 2 to 3 minutes. Blend in sour cream. Serve.

Barbecued Marinated Spare Ribs

Serves: 4

Ingredients:

1 kg	pork spare ribs
¾ cups	fruit chutney
¾ cups	tomato sauce
1 tablespoon	soy sauce
1 tablespoon	worcestershire sauce

Method:

Place all ingredients in a 3-litre casserole dish and marinate for several hours or overnight. Cook ribs on MEDIUM-HIGH for 20 minutes, turning once through cooking.

French Onion Beef Casserole (T)

Recipe Prompting

Serves: 4

Ingredients:

1	onion, chopped
1 teaspoon	mixed dried herbs
200 g	diced potatoes
500 g	chuck steak, chopped
1 (40 g)	packet French onion soup mix
⅓ cup	tomato paste
1 cup	beef stock

Method:

Place onion and herbs in a 3-litre casserole dish. Cook on HIGH for 1 to 2 minutes. Add remaining ingredients, stir until combined. Cover and cook on HIGH for 10 minutes. Stir and cook on MEDIUM for 20 to 25 minutes, stirring once during cooking.

To Cook by ONE TOUCH COOKING:

Prepare as above, cover with plastic wrap.
Press **Casserole,** then **Start.**

Quick Mince Hot Pot (T)

Serves: 4

Ingredients:

500 g	lamb mince
1	onion, chopped
1 (35 g)	packet French onion soup
1 tablespoon	worcestershire sauce
1 can (425 g)	tomato purée
2	large potatoes, peeled and diced

Method:

Combine all ingredients in a 3-litre casserole dish. Cover and cook on HIGH for 18 to 20 minutes, stirring twice during cooking.
Serve with noodles or rice.

To Cook by ONE TOUCH COOKING:

Prepare as above, cover with plastic wrap.
Press Meat Sauce, then Start.

Crusted Rack of Lamb

Serves: 2 to 3

Ingredients:

1 (approx 600 g)	rack of lamb
¾ cup	fresh breadcrumbs
3 tablespoons	sweet marmalade
2 tablespoons	finely chopped mixed herbs
	pinch cayenne pepper

Method:

In a small bowl combine all ingredients except lamb and mix well. Place rack of lamb, fat side up on a rack set in a 3-litre dish. Spread marmalade mixture on top side of lamb and cook on MEDIUM-HIGH for 15 to 17 minutes. Allow to stand for 5 minutes before serving.

Chili Beef (T)

Recipe Prompting

Serves: 4

Ingredients:

500 g	topside beef mince
1	onion, diced
1 teaspoon	minced garlic
1 (35 g)	packet chili seasoning mix
1 can (400 g)	tomato purée
1 can (440 g)	kidney beans, drained

Method:

Place all ingredients in a 3-litre casserole dish. Mix well. Cook on HIGH for for 20 to 25 minutes. Stir halfway through cooking. Serve in taco shells with chopped tomatoes and shredded lettuce or with a salad and crusty bread.

To Cook by ONE TOUCH COOKING:

Prepare as above, cover with plastic wrap.
Press Meat Sauce, then Start.

Seasoned Roast Lamb

Seasoned Roast Lamb

Recipe Prompting

Serves: 4 to 6

Ingredients:

1.4 kg	leg of lamb
1 tablespoon	seeded mustard
1 tablespoon	rosemary

Method:

Place lamb fat side up on a rack set in a 3-litre dish. Brush with mustard and rosemary. Cook on MEDIUM-HIGH for 30 to 35 minutes, turn halfway through cooking. Stand covered for 15 minutes before slicing.

Lambs Fry and Bacon

Serves: 4

Ingredients:

750 g	liver
¼ cup	flour
250 g	bacon, rind removed and bacon cut into 2 cm strips
2	onions, sliced
1 tablespoon	butter
1 tablespoon	ground black pepper
	chopped parsley

Method:

Soak liver in water for 30 minutes, remove skin and cut liver into strips. Coat liver with flour and shake off any excess. Place bacon and onion into 3-litre dish and cook on HIGH for 3 to 5 minutes. Remove and drain well on absorbent paper. Add half the butter to the dish and half the sliced liver. Cook on HIGH for 2 to 4 minutes, stir halfway through cooking. Repeat with remaining butter and liver. Return all the liver to the dish and add bacon and onion, season with pepper and add parsley. Stir well. Cook on HIGH for 1 to 2 minutes and serve immediately.

Curried Mince (T)

Serves: 4

Ingredients:

500 g	lamb mince
1	onion, chopped
2 tablespoons	flour
1 tablespoon	curry powder
2 tablespoons	beef stock powder
450 g	potatoes, peeled and finely diced
2 cups	water

Method:

Combine all ingredients in a 3-litre casserole dish. Cover and cook on MEDIUM-HIGH for 20 to 25 minutes, stirring halfway through cooking. Serve with boiled or steamed rice.

To Cook by ONE TOUCH COOKING:

Prepare as above, cover with plastic wrap. Press Meat Sauce, then Start.

Chinese Beef and Vegetables

Recipe Prompting

Serves: 4 to 6

Ingredients:

400 g	rump steak sliced
1 teaspoon	chopped ginger
1 teaspoon	chopped garlic
1 tablespoon	soy sauce
2 tablespoons	Hoisin Sauce
½ cup	beef stock
3 cups	sliced vegetables

Method:

Place steak, ginger and garlic in a 3-litre casserole dish. Cook on HIGH for 1 minute. In a 1-cup jug, combine soy sauce, Hoisin Sauce and beef stock, add to meat mixture. Cook on HIGH for 1 to 2 minutes. Add the vegetables and cook on HIGH for 2 to 3 minutes, stirring halfway through cooking.

Veal and Pineapple Casserole

Serves: 4 to 6

Ingredients:

750 g	veal steak diced
2 tablespoons	seasoned flour
125 g	bacon, rind removed
2	onions, sliced
1 can (450 g)	pineapple pieces, drained
2 tablespoons	parsley, finely chopped
½ teaspoon	dried basil
1 cup	tomato purée
1	chicken stock cube, crumbled

Method:

Toss veal in flour. Cut bacon into 3 cm pieces. Combine veal, bacon and remaining ingredients in a 3-litre casserole dish. Mix well. Cook on MEDIUM-HIGH for for 35 to 40 minutes. Stir halfway through cooking.

Beef Stroganoff

Recipe Prompting

Serves: 4

Ingredients:

1	onion, sliced
750 g	rump steak sliced into ribbons
2 tablespoons	tomato sauce
2 tablespoons	worcestershire sauce
200 g	sliced mushrooms
1	beef stock cubed
⅓ cup	sour cream

Method:

Place all ingredients (except sour cream and mushrooms), in a 3-litre casserole dish, stir until combined. Cook on MEDIUM-HIGH for 8 to 10 minutes, stirring once during cooking. Add sour cream and mushrooms. Stir and cook on MEDIUM-HIGH for 3 to 4 minutes.

Pepper Pot Beef (T)

Recipe Prompting

Serves: 4

Ingredients:

1 teaspoon	minced garlic
1	red capsicum, cubed
1 can (410 g)	tomatoes
750 g	cubed beef
¼ cup	tomato paste
1 tablespoons	worcestershire sauce
1 tablespoon	cracked black pepper

Method:

Combine all ingredients in a 3-litre casserole dish. Cook on MEDIUM-HIGH for 30 to 35 minutes. Stir halfway through cooking. Serve with boiled or steamed rice.

To Cook by ONE TOUCH COOKING:

Prepare as above, cover with plastic wrap. Press Meat Sauce, then Start.

Irish Stew

Serves: 8

Ingredients:

750 g	lamb, cut into 2 cm cubes
2	carrots, peeled and sliced
2	potatoes, peeled and sliced
2 cups	water
40 g	packet French onion soup mix
2 tablespoons	flour

Method:

Arrange lamb, carrots and potatoes in a 2-litre casserole dish. Combine water, soup mix, flour and bay leaf in a mixing bowl. Pour over meat, carrots and potatoes. Cook on MEDIUM-HIGH for 6 to 8 minutes. Cook on MEDIUM-LOW for 60 to 70 minutes. Stand covered for 5 minutes. Stir. Serve with steamed vegetables.

Corned Beef

Serves: 4

Ingredients:

1.5 to 1.7 kg	corned silverside
1 tablespoon	brown sugar
1 tablespoon	white vinegar
1	onion, cut in half
4	cloves
6	peppercorns
1	bay leaf
3 cups	water

Method:

Rinse corned silverside under cold running water to remove excess salt. Place corned silverside in a 4-litre casserole dish. Add remaining ingredients. Cover and cook on HIGH for 10 minutes. Turn meat, cover and cook on MEDIUM-LOW for 1¼ to 1½ hours. Stand corned silverside in cooking liquid for 10 minutes before carving.

Note: Depending on the size and shape of the silverside, it may require a further 10 to 15 minutes on LOW.

Lasagne

Serves: 4 to 6

Meat Sauce Ingredients:

500 g	minced beef
2	small onions, chopped
1	clove garlic, chopped
3 cans (425 g)	tomato purée
3	beef stock cubes
2 tablespoons	mixed herbs
1 tablespoon	cracked black pepper

Cheese Sauce Ingredients:

80 g	butter
¼ cup	flour
500 ml	milk
1 cup	grated cheese
½ cup	parmesan cheese
12	lasagne sheets
1 cup	extra grated cheese

Method:

Combine all meat sauce ingredients in a 4-litre casserole dish. Cook on HIGH for 30 to 35 minutes, stirring several times during cooking. Set aside. Melt butter in a 2-litre jug on HIGH for 30 to 40 seconds. Add flour and mix well. Gradually stir in milk. Cook on HIGH for 2 to 3 minutes. Add cheese and cook on HIGH for 50 to 60 seconds. Spoon quarter of the meat sauce into the base of a 25 x 25 cm deep casserole dish. Top with three lasagne sheets. Spoon another quarter of meat sauce over the lasagne sheets and spread with cheese sauce. Continue with remaining ingredients. Top with meat and cheese sauce. Sprinkle with extra cheese and cook on MEDIUM-HIGH for 30 to 35 minutes.

Corned Beef

Apricot Meatloaf

Recipe Prompting

Serves: 4 to 6

Ingredients:

500 g	minced beef
1 can (440 g)	chopped apricots, drained
1 tablespoon	mixed dried herbs
1	egg
1	beef stock cube
¼ cup	tomato paste
	ground black pepper
½ cup	breadcrumbs

Method:

Combine all ingredients in a large bowl, mix well. Place into a 12 cm x 20 cm loaf dish. Cook on MEDIUM-HIGH for 20 to 25 minutes. Cover and stand for 10 minutes before serving.

Peppered Steak

Serves: 2

Ingredients:

2	slices rump steak
2 tablespoons	ground peppercorns
1 tablespoon	oil

Method:

Preheat browning dish on HIGH for 4 to 6 minutes. Trim excess fat from steak and coat each side of steak with peppercorns. Remove dish from oven, add oil and place steaks in dish. Cook on HIGH for 2 to 4 minutes. Turn and cook a further 2 to 4 minutes. Remove steaks and serve with vegetables.

Note: Times may vary depending on the thickness of the steak.

HINT:

It is better to cook meat for a lesser time in a recipe and add extra time if needed. This will prevent overcooking.

Vegetable Varieties

Directions for Cooking Vegetables

Fresh Vegetables by Microwave

Place vegetables in a casserole dish. Add 2 to 3 tablespoons of water per 500 g of vegetables. Add salt to water or add after cooking. Do not place salt directly on vegetables. Cover dish with glass lid or plastic wrap.
Cook on HIGH according to time recommended in charts. Halfway through cooking, stir, turn vegetables over or rearrange.
Vegetables that are to be cooked whole and unpeeled, need to be pierced to allow steam to escape. Place vegetables on a paper towel lined dinner plate.
Allow to stand covered according to the time indicated in the charts.

Frozen Vegetables by Microwave

Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in a pouch should be placed on a dish and the top pierced. Cook on HIGH according to directions given in chart. Vegetables should be cooked covered with a lid or plastic wrap.
Halfway through cooking, stir, turn vegetables over or rearrange. Stir after cooking. Allow to stand for 2 to 3 minutes before serving.

Dried Beans or Peas by Microwave

Place hot tap water in a 4-litre dish.
Bring hot water to the boil on HIGH for 10 to 12 minutes. Add beans and 2 tablespoons oil to water. Cook according to directions in chart. Stir. Allow to stand, covered, for 15 to 20 minutes.

Note: Beans such as red kidney beans and lima beans should be soaked overnight before cooking. 250 g of dried beans equals about 3 cups cooked beans. Use in place of canned beans.

Frozen Vegetables Chart for Microwave Cooking

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME (in minutes) on HIGH
Beans	250 g	Cook in covered 2-litre dish.	4 to 6
Broad Beans	250 g	Cook in covered 2-litre dish.	5 to 7
Broccoli (spears)	350 g	Cook in covered 2-litre dish.	5 to 7
Brussels Sprouts	250 g	Cook in covered 2-litre dish.	5 to 7
Carrots (baby)	250 g	Cook in covered 2-litre dish.	6 to 8
Cauliflower	500 g	Cook in covered 2-litre dish.	5 to 7
Corn (½ cob) Corn (cobs)	½ ear (75 g) 250 g	Cook in covered 2-litre dish. Cook in covered 2-litre dish.	3 to 4 5 to 7
Mixed Vegetables	250 g	Cook in covered 2-litre dish.	5 to 7
Peas	250 g	Cook in covered 2-litre dish.	4 to 6
Spinach	250 g	Cook in covered 2-litre dish.	4 to 6

Dried Beans and Peas Chart for Microwave Cooking

ITEM	CONTAINER	AMOUNT OF HOT WATER	APPROX. TIME TO BOIL HOT WATER on HIGH (in minutes) COVERED	TO COOK BEANS on MEDIUM-LOW (in minutes) COVERED
Lentils (250 g)	4-litre dish	2 litres	10 to 12	15 to 20
Soup Mix (250 g	4-litre dish	2 litres	10 to 12	15 to 20
Split Peas or Lentils (250 g)	4-litre dish	2 litres	10 to 12	20 to 25
Beans (250 g) Soaked overnight	4-litre dish	2 litres	10 to 12	25 to 30

Vegetable Varieties

Fresh Vegetables Chart for Time Cooking

Vegetables should be covered and cooked on HIGH power for best results. Weights given are trimmed weights.

VEGETABLE	QUANTITY	COOKING PROCEDURE	APPROX. COOKING TIME (in minutes) on HIGH
Asparagus	250 g	Covered dish with ¼ cup water.	3 to 5
Beans (sliced)–finely	250 g	Covered dish with ¼ cup water.	4 to 5
Beets	4 whole (1 kg)	Covered with 1 cup water in a 4-litre dish. Stand after cooking - 5 mins.	14 to 18
Broccoli	500 g	Flowerets only, in a covered dish with ¼ cup water.	5 to 7
Brussels Sprouts	500 g	Covered dish with ¼ cup water.	4 to 6
Cabbage	500 g	Shredded, with ¼ cup water in a covered dish.	6 to 8
Carrots	4 (sliced finely) 225 g	With ¼ cup water in a covered dish.	3 to 5
Cauliflower	500 g	Flowerets with ¼ cup water in a covered dish.	5 to 7
Celery	6 stalks (400 g) cut in 1 cm angled pieces)	With ¼ cup water in a covered dish.	4 to 6
Corn	2 ears (500 g) 4 ears (1 kg)	Brush with melted butter and cook in a covered dish.	4 to 6 8 to 10
Eggplant	1 (500 g)	Dice with ¼ cup water in covered dish.	4 to 6
Mushrooms	250 g (sliced)	Cook with 2 tablespoons butter in covered dish.	3 to 4
Onions	3 (200 g)	Cut in quarters with ¼ cup water in a covered dish.	5 to 7
Peas	250 g	Shell peas and place with ¼ cup water in a covered dish.	3 to 5
Potatoes – Mashed – Jacket	5 (500 g)	Peeled and quartered with ¼ cup water. Prick skins. Place on paper towel lined plate, cook uncovered.	10 to 12 7 to 9
Pumpkin	500 g	Peeled and cut into uniform pieces with ¼ cup water in a covered dish.	8 to 10
Spinach	250 g	Remove stem, cut leaves into small pieces. Cook with ¼ cup water in a dish, covered.	3 to 5
Sweet Potato	500 g	In serving size pieces with 2 tablespoons butter in a covered dish.	6 to 8
Turnips	500 g	Peeled and sliced finely with ¼ cup water in a covered dish.	6 to 8
Tomatoes	2 (300 g)	Sliced and cooked covered with 1 tablespoon butter in a dish.	2 to 4
Zucchini	500 g	Cut in 2 cm pieces in a covered dish.	5 to 7

Ardennis Style Potatoes

Oriental Vegetables

Serves: 4 to 6

Ingredients:

1 tablespoon	oil
1 cup	celery, sliced diagonally
1	large onion, cut into petals
1	green capsicum, cut into 2.5 cm pieces
1	red capsicum, cut into 2.5 cm pieces
1 cup	sliced mushrooms
1 tablespoon	Hoisin sauce
2 teaspoons	soy sauce

Method:

Preheat a browning dish on HIGH for 7 minutes. Add oil and vegetables and stir well. Cook on HIGH for 3 to 4 minutes, stirring halfway through cooking. Mix together sauces in a 1-cup glass jug and cook on HIGH for 1 minute. Pour over hot vegetables and mix well.

Creamed Spinach

Serves: 4

Ingredients:

1	bunch spinach, roughly chopped
4	shallots, finely chopped
1	clove garlic, crushed
2 tablespoons	sour cream
	salt and pepper

Method:

Cook washed spinach leaves, shallots and garlic in covered 3-litre casserole dish on HIGH for 5 to 7 minutes. Drain well by squeezing between two dinner plates. Toss through remaining ingredients. Season to taste. Cook on HIGH for 1 to 2 minutes. Serve.

Ardennis Style Potatoes

Serves: 4

Ingredients:

4	medium sized potatoes
100 g	ham, finely diced
3 tablespoons	snipped chives
50 g	butter
½ cup	grated Cheddar cheese
	ground black pepper

Method:

Scrub potatoes, wash and pat dry with paper towel. Prick skins and place in a 2-litre casserole dish. Cook on HIGH for 6 to 8 minutes. Allow to cool slightly. Cut tops off potatoes and scoop out pulp from centre, leaving 1 to 2 cm in shell. Mash pulp and combine with remaining ingredients. Spoon filling back into potato shells. Place potatoes in a 2-litre casserole dish. Cook on HIGH for 2 to 3 minutes.

Cauliflower Au Gratin

Serves: 4

Ingredients:

500 g	cauliflower, trimmed and cut into florets
2 tablespoons	water
2 tablespoons	butter
1	small onion, finely chopped
2 tablespoons	flour
1 cup	milk
½ cup	grated tasty cheese

Method:

Place cauliflower and water in a shallow casserole dish. Cover and cook on HIGH for 6 to 8 minutes. Stand covered while making sauce.

Place butter and onion in a 4-cup glass jug. Cook on HIGH for 1 to 2 minutes. Stir in flour and cook on HIGH for 1 minute. Add milk gradually. Stir well. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Drain cauliflower and pour over sauce. Sprinkle with cheese. Cook on MEDIUM-HIGH for 1 to 2 minutes.

Note: Depending on the size and arrangement of cauliflower pieces, timing will vary. If smaller pieces are used, cook on HIGH for 5 to 7 minutes.

HINT:

TO SKIN TOMATOES:

Place 1 cup of hot tap water in a 2 to 3 cup jug or bowl and heat on HIGH for 1½ minutes or until boiling. Add 1 tomato and heat for a further 20 to 30 seconds. Remove and repeat procedure with remaining tomatoes. The skin will be loosened and easily removed.

Vegetable Varieties

Broccoli and Cheese Sauce

Serves: 2 to 3

Ingredients:

250 g	broccoli, washed, trimmed and cut into florets
1 tablespoon	water

Cheese Sauce:

2 tablespoons	butter
2 tablespoons	flour
1 cup	milk
¾ cup	grated cheese
¼ teaspoon	mustard
	salt and pepper

Method:

Place broccoli and water in a 2-litre casserole dish. Cover and cook on HIGH for 5 to 7 minutes. Drain and set aside. Place butter in a 4-cup jug and cook on HIGH for 30 seconds. Add flour and mix well. Cook on HIGH for 20 to 30 seconds. Add milk gradually and stir well. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Add cheese, mustard, salt and pepper. Mix well. Pour sauce over broccoli and cook on MEDIUM for a further 1 minute.

Tomato Vegetable Casserole

Recipe Prompting

Serves: 4 to 6

Ingredients:

200 g	mushrooms, sliced
1	eggplant, chopped
200 g	zucchini, sliced
1	capsicum, sliced
1	onion, sliced
1 can (410 g)	tomatoes
½ cup	tomato purée
1 teaspoon	mixed herbs
1 teaspoon	minced garlic

Method:

Place mushrooms, eggplant, zucchini, capsicum and onion in a 4-litre casserole dish. Cover and cook on HIGH for 6 to 7 minutes. Add tomatoes, tomato purée, herbs and garlic. Cover and cook on HIGH for 6 to 7 minutes.

HINT:
It is better to slightly undercook vegetables as they will soften on standing. Allow to stand covered with plastic wrap or a lid.

Savoury Brussels Sprouts

Serves: 4

Ingredients:

250 g	brussels sprouts
2 tablespoons	butter
150 g	bacon, rind removed and finely chopped
1	onion, finely chopped
1 teaspoon	dill or basil
1 teaspoon	sugar

Method:

Wash and drain brussels sprouts. Cook in a covered 2-litre casserole dish on HIGH for 4 to 5 minutes. Drain. Place remaining ingredients in a 2-litre casserole dish. Cook on HIGH for 3 to 5 minutes. Add brussels sprouts and cook on HIGH for 1 to 2 minutes. Serve.

Cheesy Mashed Potatoes

Recipe Prompting

Serves: 4

Ingredients:

500 g	potatoes, peeled and diced
¼ cup	water
¼ cup	milk
¼ cup	grated cheese

Method:

Place potatoes and water in a 2-litre casserole dish. Cover and cook on HIGH for 6 to 10 minutes. Drain. Mash potatoes with a potato masher. Add milk and grated cheese. Mix well. Cook on HIGH for 1 minute. Stir well before serving.

Parmesan Asparagus

Serves: 2 to 4

Ingredients:

1	bunch asparagus spears
2 tablespoons	water
1 tablespoon	butter
1	clove garlic, crushed
1 tablespoon	grated Parmesan cheese

Method:

Place asparagus and water in a 2-litre casserole dish. Cover and cook on HIGH for 2 to 4 minutes. Drain. Place butter and garlic in a small dish and cook on HIGH for 1 minute. Add drained asparagus and mix lightly. Cook on HIGH for a further 1 minute. Sprinkle Parmesan cheese over asparagus and serve.

Vegetable Varieties

Honey Glazed Carrots

Serves: 4 to 6
Ingredients:

500 g	carrots (approx. 4)
2 tablespoons	brown sugar
2 teaspoons	butter
2 tablespoons	honey

Method:
Peel and thinly slice carrots.
Combine all ingredient in a 2-litre casserole dish.
Cover and cook on HIGH for 6 to 8 minutes.
Stirring halfway through cooking. Serve.

Cabbage Ham and Onion

Serves: 6
Ingredients:

500 g	cabbage, shredded
2 tablespoons	water
1	onion, finely chopped
1 tablespoon	butter
125 g	ham, finely chopped
	salt and pepper

Method:
Place cabbage and water in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Drain and set aside. Place onion and butter in a 1-litre casserole dish and cook on HIGH for 2 to 3 minutes. Add onion mixture and ham to cabbage and mix well. Return to oven and cook on HIGH for 2 to 3 minutes. Season with salt and pepper and serve.

Corn on the Cob

Scallop Potatoes

Serves: 6 to 8
Ingredients:

1 kg	old potatoes, peeled and finely sliced
2 tablespoons	water
300 ml	sour cream
¼ cup	milk
	salt and pepper
	paprika
1 tablespoon	snipped chives

Method:
Place potatoes and water in a 3-litre dish. Cover. Cook on HIGH for 10 to 12 minutes. Drain. In a small bowl mix together sour cream, milk, salt and pepper. Pour over potatoes. Sprinkle with paprika and chives. Cook on HIGH for 5 to 7 minutes.

Stuffed Capsicums

Serves: 4
Ingredients:

4	medium sized green capsicums, remove tops and seeds
1 cup	cooked rice
½ teaspoon	mixed herbs
1 small	onion, finely chopped
1 cup	finely chopped ham or chicken
¼ cup	cream
	salt and pepper to taste
½ cup	tasty Cheddar cheese
	grated paprika

Method:
Combine rice, herbs, onion, meat, cream, salt and pepper. Mix well. Fill capsicums. Top with grated cheese. Cook in a 2-litre casserole dish uncovered, on HIGH for 5 to 7 minutes. Serve sprinkled with paprika.

Corn on the Cob

Serves: 4
Ingredients:

4 cobs	corn
2 tablespoons	butter
	salt and pepper

Method:
Place corn cobs in a 3-litre casserole dish and dot with butter. Cook covered on HIGH for 10 to 12 minutes. Stand covered for 5 minutes. Season with salt and pepper.

Potato Casserole

Recipe Prompting

Serves: 4 to 6

Ingredients:

750 g	peeled and sliced potatoes
1 cup	sour cream
¼ cup	milk
3	shallots, sliced
2	bacon, rashers chopped
½ cup	grated cheese

Method:

Combine potatoes, sour cream and milk in a 2-litre casserole dish. Cook on HIGH for 15 to 18 minutes. Top with shallots, bacon and cheese. Cook on HIGH for 5 minutes.

Saute Mushrooms

Serves: 4 to 6

Ingredients:

1 tablespoon	butter
400 g	mushrooms
1	clove garlic, crushed
	salt and pepper
2 tablespoons	chopped parsley

Method:

Place butter in a 2-litre casserole dish and cook on HIGH for 30 to 40 seconds. Add mushrooms, garlic, salt, pepper and parsley. Cover and cook on HIGH for 3 to 4 minutes. Stirring halfway through cooking.

Herbed Vegetables

Recipe Prompting

Serves: 4 to 6

Ingredients:

200 g	sliced snow peas
200 g	sliced carrots
200 g	sliced zucchini
2 tablespoons	chopped fresh parsley

Method:

Place snow peas, carrots and zucchini in a 2-litre casserole dish. Cover. Cook on HIGH for 6 to 7 minutes, stirring once during cooking. Sprinkle with parsley and serve.

HINT:
Wrap jacket potatoes in foil after cooking. They will retain their heat for about 15 to 20 minutes.

Stuffed Tomatoes

Serves: 2

Ingredients:

2	tomatoes (large)
¼ cup	fresh breadcrumbs
½ cup	grated cheese
4	shallots, finely sliced
1 tablespoon	finely chopped parsley
	salt and pepper
¼ cup	extra grated cheese

Method:

Cut tops off tomatoes. Scoop out pulp of tomato with a teaspoon. Mix with remaining ingredients, except extra cheese. Spoon mixture back into tomato shells. Sprinkle tomatoes with extra cheese. Place tomatoes in a 2-litre casserole dish and cook on HIGH for 2 to 3 minutes. Serve.

Tip: To cook 4 stuffed tomatoes, cook on HIGH for 6 to 8 minutes.

Vegetable Curry

Recipe Prompting

Serves: 4

Ingredients:

1	onion, sliced
2 tablespoons	green curry paste
3 cups	sliced vegetables
1 can (440 g)	chick peas, drained
1 cup	coconut milk
1 tablespoon	lemon juice
1 tablespoon	soy sauce
½ cup	chopped nuts

Method:

Place onion and curry paste in a 3-litre casserole dish. Cook on HIGH for 2 minutes. Add vegetables, chick peas, coconut milk, lemon juice and soy sauce. Cook on HIGH for 4 to 5 minutes. Sprinkle with chopped nuts. Serve with jasmine rice.

Zucchini and Tomatoes

Serves: 6 to 8

Ingredients:

2 tablespoons	butter
500 g	zucchini, finely sliced
350 g	tomatoes, finely sliced (approx. 2)
2	onions, finely sliced
1	garlic clove, crushed
1 teaspoon	oregano
	salt and pepper to taste

Method:

Place butter, zucchini, tomatoes and onions in a covered 2-litre casserole dish. Cook on HIGH for 3 to 4 minutes, stir halfway during cooking. Add garlic, oregano, salt and pepper. Cook on HIGH 1 to 2 minutes. Serve hot, or cold as a salad.

Rice, Pasta and Cereal

Directions for Cooking Rice and Other Grains by Microwave

Follow directions in chart for recommended dish size, amounts of water and cooking time. Add grain to boiling water. Add salt and butter according to package directions. Cook on HIGH for time recommended in chart. Allow to stand covered before serving. For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving.

ITEM	CONTAINER	AMOUNT OF BOILING WATER	APPROX. TIME TO COOK GRAIN on HIGH UNCOVERED (in minutes)	STANDING TIME (in minutes)
RICE				
Quick Cook Brown (1 cup)	4-litre dish	2 ⅓ cups	15 to 18	
Brown (1 cup)	4-litre dish	3 cups	25 to 30	10
Long Grain (1 cup)	3-litre dish	2 cups	12 to 14	5
Short Grain (1 cup)	3-litre dish	2 cups	12 to 14	5
JASMINE (1 cup)	3-litre dish	2 cups	12 to 14	5

Directions for Cooking Pasta by Microwave

Follow directions in chart for recommended dish size, amount of water and cooking time. Boil water, with 1 teaspoon salt and 1 tablespoon oil. Add pasta and cook for time recommended in chart. Cook on HIGH. Test pasta for desired cooking before adding more time. Slightly undercook pasta that will be heated again in casserole. Stir and let stand, uncovered, 5 minutes.

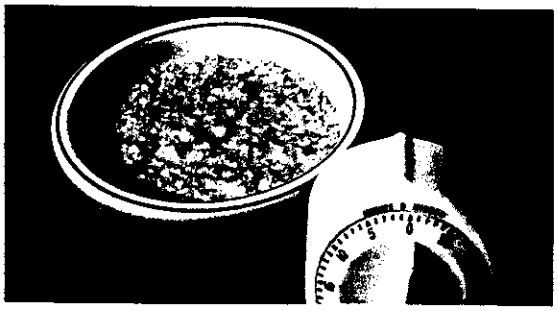
ITEM	CONTAINER	AMOUNT OF BOILING WATER	APPROX. TIME TO COOK PASTA on HIGH UNCOVERED (in minutes)	STANDING TIME (in minutes)
Dried Fettucine (250 g)	4-litre dish	6 cups	10 to 12	5
Elbow Macaroni, shells, etc. (250 g)	3-litre dish	4 cups	12 to 14	5
Fresh Spaghetti, Fettucine (375 g)	4-litre dish	6 cups	6 to 8	5
Dried Spaghetti (250 g)	4-litre dish	4 cups	12 to 14	5
Fresh Tortellini, Ravioli (250 g)	4-litre dish	4 cups	7 to 9	5

Drain pasta after standing.

Directions for Cooking Hot Cereal by Microwave

Combine ¼ cup of quick cooking oats, pinch salt and ⅔ cups hot tap water in a breakfast bowl.

Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking.



Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

Rice, Pasta and Cereal

Paella

Serves: 6 to 8
Ingredients:

500 g	mussels
¼ cup	water
1	green capsicum, sliced
1	red capsicum, sliced
2	onions, sliced
1	clove garlic, crushed
2 tablespoons	butter
2 cups	long grain rice
1 can (440 g)	peeled tomatoes, roughly chopped
2 cups	hot chicken stock
	pinch saffron powder
1½ cups	cooked diced chicken
200 g	peeled green prawns

Method:
Place mussels and water in a 3-litre dish. Cover and cook on MEDIUM-HIGH for 3 to 5 minutes. Set aside. Place capsicum, onion, garlic and butter into a 4-litre dish and cook on HIGH for 4 to 5 minutes. Add rice and stir well. Cook on HIGH for 2 to 4 minutes. Stir in tomatoes, hot chicken stock and saffron. Cook on HIGH for 16 to 18 minutes. Stir in chicken, prawns and mussels and cook on MEDIUM-HIGH for 4 to 6 minutes. Stand for 10 minutes before serving.

Bacon and Onion Fettucine

Serves: 4
Ingredients:

250 g	fettucine
5 cups	hot tap water
1	onion, finely chopped
1	clove garlic, crushed
3	rashers bacon, rind removed and bacon chopped
¼ cup	cream
1 tablespoon	grated Parmesan cheese
2 tablespoons	finely chopped parsley
½ teaspoon	freshly ground black pepper
1 tablespoon	extra Parmesan cheese

Method:
Place fettucine and water in a 3-litre casserole dish. Cook on HIGH for 14 to 16 minutes. Stand covered for 2 minutes. Drain. Place onion, garlic and bacon in a 2-litre dish and cook on HIGH for 5 minutes. Add cream, Parmesan cheese, parsley, drained fettucine and seasoning. Cook on HIGH for 2 minutes. Serve sprinkled with extra Parmesan cheese.

Stir Fried Rice

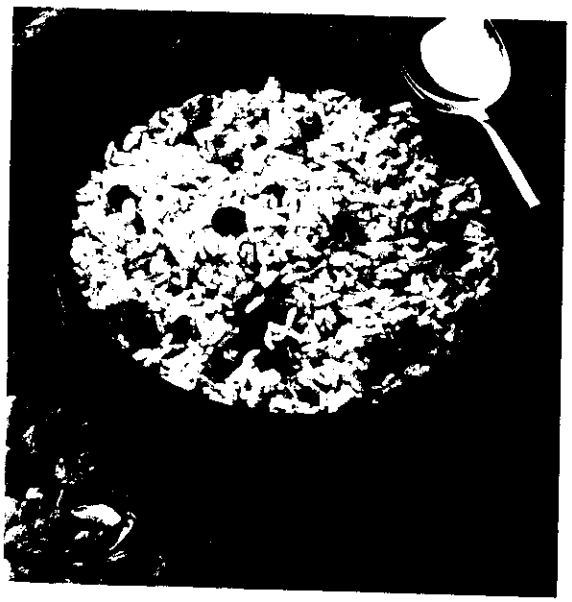
Serves: 4
Ingredients:

1 tablespoon	vegetable oil
1	clove garlic, crushed
1 cm	piece of green ginger finely chopped
1	small carrot, finely chopped
½	green or red capsicum, cut in strips
6 to 8	medium mushrooms, sliced
4	shallots, chopped
2	eggs
1	small can prawns (optional)
1 to 2 tablespoons	soy sauce
2 cups	cooked brown rice

Method:
Place oil, garlic and ginger in a large shallow dish and cook on HIGH for 1 to 2 minutes. Add carrot, celery and capsicum and cook a further 3 minutes on HIGH. Break eggs into a small dish, add pepper to taste, mix well and cook on MEDIUM-HIGH for 1½ to 2 minutes. Slice into thin strips. Add eggs plus all remaining ingredients to vegetable mixture. Stir well and cook on HIGH for 3 to 5 minutes to heat thoroughly. Serve.

Note: 1 cup uncooked rice will yield 2 cups cooked.

Bacon and Onion Fettucine



Pilaf

Pasta Salad

Serves: 4

Ingredients:

250 g	pasta shapes, i.e., shells, twists
1 teaspoon	salt
6 cups	boiling water
1 tablespoon	oil
45 g	butter
120 g	mushrooms, sliced
4	shallots, finely chopped
1 each	small red capsicum, small green capsicum, deseeded and cut in julienne strips
¼ cup	salad oil
3 tablespoons	malt vinegar
1 tablespoon	tomato paste
1 teaspoon	poppy seeds
2 teaspoon	mixed dried herbs
	cracked (ground) pepper to taste

Method:

Place pasta, salt, water and oil in a large bowl. Cook on HIGH for 14 to 16 minutes. Leave to stand, covered for 5 minutes. Drain and leave to thoroughly cool. Place butter in a bowl and cook on HIGH for 30 to 40 seconds to melt. Add mushrooms and cook on HIGH for 1½ to 2 minutes. Drain and leave to cool.

When pasta and mushrooms are thoroughly cold, place in a large bowl with shallots and capsicum. Put salad oil, vinegar, tomato paste, poppy seeds, herbs and cracked pepper in a screw topped jar. Shake to thoroughly combine. Pour over the pasta mixture and stir until all the ingredients are coated with dressing. Chill before serving.

Pilaf

Serves: 4 to 6

Ingredients:

30 g	butter
1	onion, finely chopped
2 cups	long grain rice
	salt and pepper
4 cups	boiling chicken stock
100 g	cashew nuts
50 g	sultans

Method:

Melt butter in a 3-litre casserole dish on HIGH for 30 to 40 seconds. Add onion. Cook on HIGH for 2 to 3 minutes or until softened. Add rice and seasonings. Stir. Cook on HIGH for 2 minutes or until rice becomes translucent. Pour over boiling stock and stir. Cook on HIGH for 14 to 16 minutes. Stir through cashews and sultans. Serve hot with your favourite chicken dish.

Pesto and Egg Noodles

Serves: 6 to 8

Ingredients:

6 cups	boiling water
250 g	packet egg noodles
2	cloves garlic, crushed
½ cup	chopped fresh basil leaves
1 tablespoon	pinenuts, finely chopped
½ cup	grated Parmesan cheese
1 cup	olive oil
	salt and black pepper

Method:

Place water in a 3-litre casserole dish. Add egg noodles. Cook on HIGH for 14 to 16 minutes. Mix together garlic, basil, nuts and cheese. Gradually pour in olive oil, stirring constantly. Season and stir through drained noodles.

Tip: Olive oil may be added to the sauce by placing all ingredients into a food processor and pouring through the opening in a constant fine stream.

Seasoned Rice

Recipe Prompting

Serves: 4 to 6

Ingredients:

1	onion, chopped
1 cups	long grain rice
1 teaspoon	thyme
2½ cups	chicken stock
¼ cup	toasted slivered almonds

Method:

Place onion, rice, thyme and chicken stock in a 3-litre casserole dish. Cook on HIGH for 15 minutes. Stir, cover and allow to stand for 10 minutes. Stir through slivered almonds and serve hot.

Chicken and Mushroom Tagliatelle

Serves: 6

Ingredients:

250 g	tagliatelle
6 cups	hot tap water
30 g	butter
1	onion, chopped
1	clove garlic, crushed
1½ cups	diced mushrooms
2 tablespoons	flour
½ teaspoon	mustard
1 cup	milk
1½ cups	diced cooked chicken
½ cup	cream
½ cup	grated cheese
2 tablespoons	Parmesan cheese
2 tablespoons	chopped parsley

Method:

Heat water in a 4-litre deep sided dish on HIGH for 10 minutes. Add pasta, stir and cook on HIGH for 12 to 15 minutes. Allow pasta to stand covered while preparing sauce, then drain well. Place butter, onion and garlic in a 3-litre dish and cook on HIGH for 2 to 3 minutes. Add flour and mustard, mix well and cook on HIGH for 1-1½ minutes. Add milk and cream, stir and cook on MEDIUM for 4 to 5 minutes, stirring halfway through cooking. Add chicken, mushrooms, cheeses, parsley, and drained pasta. Mix well. Cook on MEDIUM for a further 5 minutes. Serve.

Cheesy Vegetable Tortellini

Serves: 3 to 4

Ingredients:

700 g	fresh tortellini
8 cups	hot tap water

Sauce:

2 tablespoons	butter
2 tablespoons	flour
2 cups	milk
1 cup	grated tasty cheese
1	red capsicum, finely sliced
200 g	snow peas, finely sliced
1 teaspoon	dried marjoram
1 teaspoon	cracked black pepper

Method:

Place pasta and water in a 3-litre casserole dish. Cover and cook on HIGH for 12 to15 minutes. While pasta is cooking, prepare all the ingredients for the sauce. When the pasta is cooked, allow to stand covered. Drain well. Place butter and flour in a 3-litre casserole dish and cook on HIGH for 30 to 40 seconds. Slowly beat in the milk. Cook for a further 3 to 4 minutes, stir once during cooking. Add the prepared vegetables, marjoram, pepper and cheese. Cook on HIGH for 2 minutes. Drain the pasta and mix through the sauce.
Serve topped with Parmesan cheese and chopped parsley.

Fragrant Coconut Rice

Recipe Prompting

Serves: 4 to 6

Ingredients:

1	onion, chopped
2 cups	long grain rice
600 ml	chicken stock
300 ml	coconut milk
1 teaspoon	turmeric

Method:

Place all ingredients in a 3-litre casserole dish and stir. Cook on HIGH for 16 to 18 minutes. Cover and allow to stand 10 minutes before serving.

Spaghetti with Chili Tomato Sauce

Serves: 4

Ingredients:

250 g	spaghetti
4 cups	boiling water
1 tablespoon	olive oil
1	onion, finely chopped
2	cloves garlic, crushed
2 teaspoons	crushed chillies
1 can (425 g)	crushed tomatoes
2 teaspoons	dried mixed herbs
	cracked (ground) black pepper

Method:

Place spaghetti and water in a 3-litre casserole dish. Cook on HIGH for 10 to 15 minutes. Stand covered for 2 minutes. Drain. Place oil, onion and garlic in a 4-cup jug and cook on HIGH for 1 to 2 minutes. Add tomatoes, chilies, herbs and pepper. Stir until combined. Cover and cook on MEDIUM-HIGH for 10 to 15 minutes, stirring halfway through cooking. Serve with spaghetti.

Creamy Tuna Penne

Serves: 4

Ingredients:

250 g	Penne
4 cups	boiling water
1	medium onion, diced
2 cups	mixed sliced vegetables
1 can (240 g)	tuna, reserve liquid
2 tablespoons	Parmesan cheese
1 tablespoon	dried thyme
1 tablespoon	lemon juice
½ cup	sour cream
	cracked black pepper

Method:

Place Penne and water in a large casserole dish. Cook on HIGH for 10 to 15 minutes. Stand covered for 2 minutes, then drain. Place onion in 4-cup jug and cook on HIGH for 50 to 60 seconds. Add mixed vegetables and cook on HIGH for 2 to 3 minutes. Stir in tuna and liquid, add remaining ingredients and stir until combined. Cook on MEDIUM-HIGH for 2 to 3 minutes. Place pasta in a serving bowl and pour over sauce to serve.

Butterscotch Pudding (T)

Serves: 4 to 6
Ingredients:

¾ cup	self raising flour
1 can (400 g)	sweetened condensed milk
30 g	butter
1 teaspoon	vanilla essence
½ cup	milk
1 cup	brown sugar
½ cup	hot tap water

Method:
Place condensed milk in a 1-litre casserole dish. Cook on MEDIUM for 6 to 7 minutes, stirring twice during cooking. Stir in butter, vanilla essence and milk. Stir until butter is melted. Cool slightly. Add milk mixture to sifted flour. Mix well. Pour mixture into a 2-litre casserole dish. Sprinkle top with brown sugar and gently pour hot tap water over mixture. Cook on HIGH for 4 to 6 minutes.

To Cook by ONE TOUCH COOKING:
Prepare as above, cover with plastic wrap.
Press **Dessert,** then **Start.**

Chocolate Self Saucing Pudding (T)

Serves: 4
Ingredients:

1 cup	self raising flour
1 tablespoon	cocoa powder
⅓ cup	caster sugar
½ cup	milk
1 teaspoon	vanilla essence
100 g	chocolate
30 g	butter
¾ cup	brown sugar
2 tablespoons	cocoa, extra
¾ cup	water

Method:
Sift flour and cocoa into a 2-litre bowl. Add sugar, milk and vanilla essence. Mix well. Place chocolate and butter in a 2-cup pyrex jug and cook on MEDIUM-HIGH for 1 to 2 minutes. Stir and add to mixture. Mix well. Spread mixture into base of a 2-litre casserole dish. Combine brown sugar, cocoa and water in a 2-cup jug. Pour evenly over pudding. Cook on HIGH for 4 to 6 minutes.

To Cook by ONE TOUCH COOKING:
Prepare as above, cover with plastic wrap.
Press **Dessert,** then **Start.**

HINT:
TO MELT CHOCOLATE:
Place 100 g broken chocolate in a 4-cup glass jug and heat on MEDIUM for 2 to 3 minutes. As chocolate holds its shape after heating, stir and stand before adding extra time to cooking.

Pear Custard (T)

Serves: 6
Ingredients:

825 g	pear halves, drained
2 tablespoons	plain flour
⅓ cup	caster sugar
3	eggs
1 teaspoon	vanilla essence
1 cup	milk
1 teaspoon	cinnamon

Method:
Grease a 20 cm square pyrex dish and place pear halves in dish. Set aside. Place flour, sugar, eggs and vanilla essence in a bowl. Beat until combined. Beat in milk and pour mixture over pears. Sprinkle with cinnamon. Cover dish with plastic wrap and cook on HIGH power for 7 to 9 minutes.

To Cook by ONE TOUCH COOKING:
Prepare as above, cover with plastic wrap.
Press **Dessert,** then **Start.**

Chocolate Mousse

Serves: 4
Ingredients:

125 g	dark chocolate
1 tablespoon	brandy
2	eggs, separated
300 ml	cream, whipped

Method:
Break chocolate into small pieces. Place in a microwave safe bowl and cook on MEDIUM-HIGH for 1-1½ minutes. Add brandy and egg yolks. Beat until smooth. Fold cream into chocolate mixture. Beat egg whites until stiff peaks form. Fold into chocolate mixture and spoon into one large or 4 individual serving dishes. Refrigerate until set.

Chocolate Brownies

Recipe Prompting

Serves: 1 x 20 cm square slice pan
Ingredients:

125 g	butter
200 g	chocolate
1 cup	caster sugar
1 teaspoon	vanilla essence
3	eggs
1 cup	plain flour

Method:
Grease and line a 20 cm square pyrex dish. Melt butter and chocolate in a 2-litre dish on HIGH for 2 minutes. Stir in sugar, vanilla essence, eggs and flour. Spread into prepared dish. Cook on MEDIUM-HIGH for 7 to 8 minutes. Refrigerate until cold. Cut into squares.

Quick Mix Chocolate Cake

Serves: 4 to 6

Ingredients:

1 cup	self-raising flour
1 cup	caster sugar
2 tablespoons	cocoa
3 tablespoons	butter, softened
2	eggs
⅓ cup	milk

Method:

Sift all dry ingredients into a bowl. Add butter, eggs and milk. Beat with a wire whisk for 1 to 2 minutes. Grease a 2-litre plastic ring mould and line with paper towel. Pour mixture into mould and cook on MEDIUM-HIGH for 5 to 7 minutes. Stand covered for 5 minutes before turning out. Cool on a wire rack.

Tip: To soften butter cook on HIGH for 10 to 15 seconds.

Sultana Cake

Serves: 4 to 6

Ingredients:

100 g	butter
1 cup	sultanas
1 cup	brown sugar
1 cup	milk
1	egg, beaten
2 cups	self-raising flour

Method:

Place butter, sultanas, brown sugar and milk in a heat resistant mixing bowl. Cook on HIGH for 3 to 4 minutes. Stir halfway through cooking. Allow to cool. Add egg, and flour. Pour batter into base lined 20 cm soufflé dish. Cook on MEDIUM for 9 to 11 minutes. Allow to cool loosely covered with plastic wrap on a wire rack.

Banana Loaf

Serves: 4 to 6

Ingredients:

90 g	butter
¾ cup	brown sugar
1	egg
2	ripe bananas mashed well
¾ cup	grated carrot
1½ cups	self-raising flour
⅓ cup	milk

Method:

Cream butter and sugar until light and fluffy. Add egg and beat well. Add banana and carrot. Add sifted flour and milk to mixture alternately. Mix until well combined. Grease and line with paper towel a 20 cm x 10 cm loaf dish. Pour batter into dish and cook on MEDIUM for 15 to 18 minutes. Stand covered with plastic wrap on a wire rack to cool.

Tip: To prevent corners from overcooking, cover ends carefully with foil.

Mocha Carrot Cake

Serves: 4 to 6

Ingredients:

1 cup	self-raising flour
½ teaspoon	bicarbonate of soda
½ cup	caster sugar
½ cup	crushed pineapple
1 cup	grated carrot
¾ cup	chopped pecan nuts
60 g	chocolate
2	eggs
⅓ cup	oil
Icing	
60 g	cream cheese
20 g	butter
1½ cups	icing sugar
1 tablespoon	lemon juice
¼ cup	chopped pecan nuts

Method:

Place flour, bicarbonate of soda, sugar, pineapple, carrot and pecan nuts in a bowl. Place chocolate into a small bowl and cook on MEDIUM-HIGH for 40 to 60 seconds. Stir halfway through.
Add chocolate, eggs and oil to flour mixture. Mix until well combined. Grease a microwave safe ring dish and cook on MEDIUM-HIGH for 6 to 8 minutes. Allow to stand covered for 5 minutes before turning out to cool. Beat together all icing ingredients except pecan nuts. Spread icing over cooled cake and sprinkle with pecan nuts.

Boiled Fruit Cake

Serves: 6 to 8

Ingredients:

1 can (435 g)	crushed pineapple and juice
500 g	mixed dried fruit
1 tablespoon	sherry
1 cup	brown sugar
125 g	butter
1 cup	plain flour
1 cup	self-raising flour
1 teaspoon	mixed spice
1 teaspoon	baking soda
2	eggs, lightly beaten
¼ cup	extra sherry or brandy

Method:

Combine pineapple, fruit, sherry, sugar and butter in 2-litre casserole dish. Cook on HIGH for 4 to 6 minutes. Stand till cool. Fold in flours, spice, baking soda and beaten eggs. Place batter in a base lined 20 cm soufflé dish. Cook on MEDIUM for 16 to 18 minutes. Turn out and sprinkle with extra sherry or brandy. Cover loosely with plastic wrap and allow to cool.

Apricot and Raspberry Crisp (T)

Serves: 4 to 6

Ingredients:

1 can (850 g)	apricots, drained
400 g	frozen raspberries
1 cup	plain flour
½ cup	brown sugar
1 teaspoon	cinnamon
1 cup	pecans, chopped
1 cup	shredded coconut
2 cups	toasted muesli
125 g	butter

Method:

Place apricots and raspberries in the base of a 2-litre casserole dish. Place remaining ingredients (except butter) in a mixing bowl. Melt butter in a 2-cup jug on HIGH for 40 to 50 seconds. Combine with dry ingredients and mix well. Crumble mixture over top of fruit. Cook on HIGH for 10 to 12 minutes.

To Cook by ONE TOUCH COOKING:

Prepare as above, cover with plastic wrap.
Press **Dessert,** then **Start.**

Lemon Pineapple Cheesecake

Serves: 6 to 8

Ingredients:

125 g	butter
180 g	sweet plain biscuits, crushed
250 g	cream cheese, softened
⅓ cup	sugar
1	lemon (juice)
2	eggs
⅓ cup	flour
1 can (450 g)	crushed pineapple, drained

Method:

Place butter in a 1-litre dish and cook on HIGH for 1 minute. Add biscuit crumbs. Mix well. Press mixture into a 23 cm pie plate. Refrigerate while making filling. Place cream cheese into a mixing bowl. Add sugar. Mix well. Add juice and rind of lemon, eggs and flour. Mix well. Fold through pineapple. Pour filling into chilled biscuit base. Elevate pie dish and cook on MEDIUM for 10 to 12 minutes. Refrigerate several hours before serving.

HINT:
TO BLANCH NUTS:
Place 1-cup nuts in a pie plate. Cover with hot tap water and heat on HIGH for 2 to 3 minutes. Rinse in cold water and rub between sheets of paper towel to remove skins.

Apple Crumble (T)

Serves: 4

Ingredients:

1 can (425 g)	pie apples
60 g	butter
½ cup	rolled oats
¼ cup	plain flour
½ cup	desiccated coconut
½ cup	brown sugar
1 teaspoon	cinnamon

Method:

Place apples in the base of a 1-litre casserole dish. Place remaining ingredients (except butter) in mixing bowl. Melt butter in a 2-cup jug on HIGH for 40 to 50 seconds. Combine with dry ingredients and mix well. Spread evenly over apple. Cook on HIGH for 5 to 8 minutes.

To Cook by ONE TOUCH COOKING:

Prepare as above, cover with plastic wrap.
Press **Dessert,** then **Start.**

Peach Crumble (T)

Recipe Prompting

Serves: 4 to 6

Ingredients:

125 g	butter
1 cup	flour
½ cup	caster sugar
2 cups	toasted muesli
1 cup	shredded coconut
1 teaspoon	cinnamon
1 can (810 g)	peach slices, drained

Method:

Place butter in a 2-litre jug. Cook on HIGH for 40 to 50 seconds. Add flour, sugar, muesli, coconut and cinnamon, stir until combined. Place peaches into 1-litre casserole dish. Place crumble mixture on top of peaches and cook on HIGH for 8 to 10 minutes. Serve with cream or ice cream.

To Cook by ONE TOUCH COOKING:

Prepare as above, cover with plastic wrap.
Press **Dessert,** then **Start.**

Peach Cobbler (T)

Serves: 4 to 6

Ingredients:

1 can (810 g)	sliced peaches
1	packet butter cake mix
½ cup	toasted coconut
70 g	butter, melted

Method:

Arrange peaches on the base of a 20 cm casserole dish. Combine cake mix, toasted coconut and butter. Sprinkle cake mixture over peaches. Cook on HIGH for 6 to 8 minutes.

To Cook by ONE TOUCH COOKING:

Prepare as above, cover with plastic wrap.
Press **Dessert,** then **Start.**

Pears with Carmel Sauce

Serves: 6 to 8

Ingredients:

Filling

½ cup	dried apricots
¼ cup	currants
¼ cup	slivered almonds
1 tablespoon	brown sugar
2 tablespoons	peanut butter

Sauce

2 tablespoons	butter
⅓ cup	brown sugar
125 ml	cream
3 teaspoons	cornflour
1 tablespoon	water
4	pears
	juice of ½ lemon

Method:

Place all filling ingredients into a small bowl and mix well. Place butter and brown sugar into a large jug and cook on MEDIUM-HIGH for 2 minutes. Beat in cream. Combine cornflour and water. Stir into sauce. Cook on MEDIUM-HIGH for 3 minutes, stir halfway through. Peel and cut pears in half, remove cores and brush with lemon juice. Place pears into a large flat dish. Divide filling mixture evenly and spread over pears. Pour sauce over and cook on MEDIUM-HIGH for 3 to 5 minutes.

Butterscotch Custard and Fruit

Serves: 6

Ingredients:

400 g	apples, peeled, cored and sliced
½ cup	chopped dried apricots
½ teaspoon	cinnamon

Custard:

½ cup	brown sugar
2 tablespoons	custard powder
1 cup	milk
2 tablespoons	butter
1	egg, lightly beaten
2 tablespoons	toasted slivered almonds

Method:

Combine fruit and cinnamon. Place into 6 individual ramekin dishes. Set aside. Combine sugar and custard powder. Gradually stir in milk and cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Add butter and egg and beat until smooth. Pour equal amounts of custard over fruit and sprinkle with almonds. Cook on HIGH for 4 to 6 minutes.

Baked Apples

Serves: 4

Ingredients:

4	large cooking apples
3 tablespoons	butter
4 tablespoons	brown sugar
100 g	chopped raisins
2 tablespoons	chopped pecans
4 tablespoons	golden syrup

Method:

Core and score the skin around the middle of apple. Cream butter and sugar until soft. Add raisins and pecans. Fill the centre of apples with stuffing. Place into shallow casserole dish. Pour one tablespoon of golden syrup over each apple. Cook on HIGH for 8 to 10 minutes, or until soft. Stand 2 to 3 minutes before serving.

Cinnamon Poached Pears

Recipe Prompting

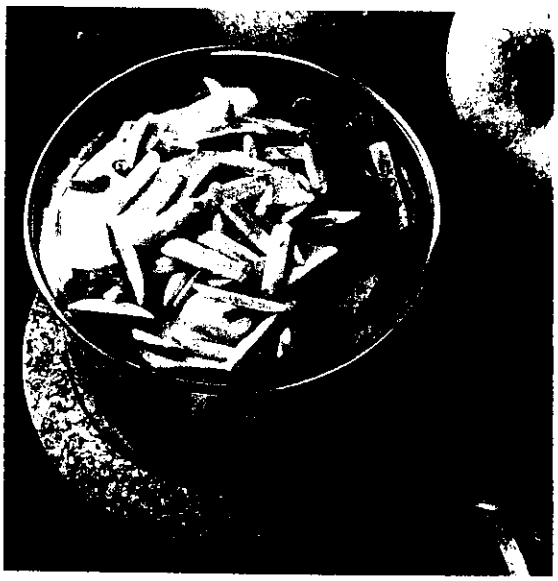
Serves: 4

Ingredients:

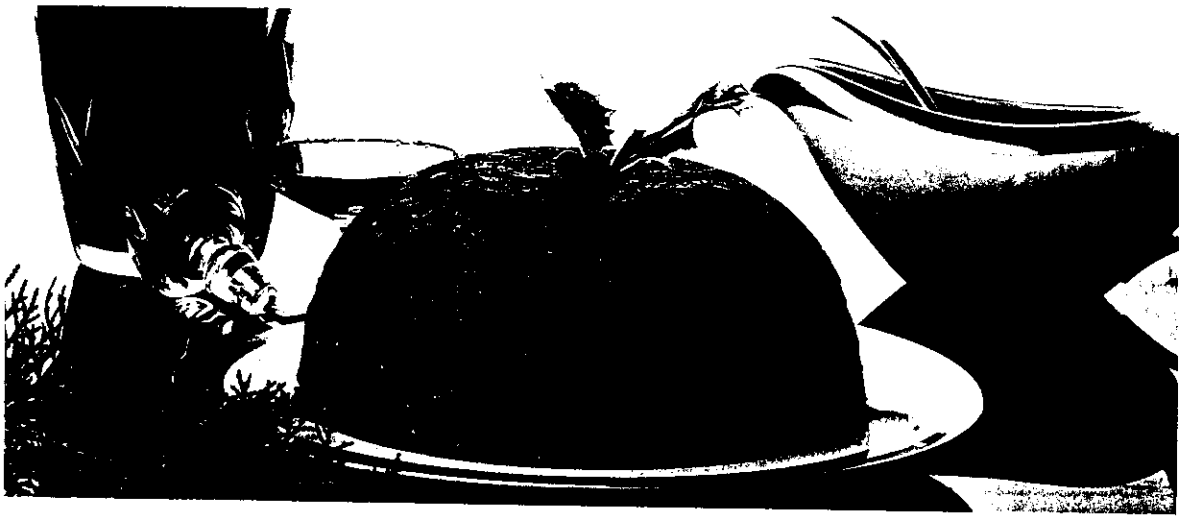
½ cup	water
¼ cup	caster sugar
½ teaspoon	cinnamon
4	pears, peeled and sliced

Method:

Combine water, caster sugar and cinnamon in a 1-litre jug. Cook on HIGH for 2 minutes. Place the pears in a 2-litre dish. Pour over syrup and cover. Cook on HIGH for 6 to 7 minutes.



Butterscotch Custard and Fruit



Christmas Pudding

Christmas Pudding

Serves: 10 to 12

Ingredients:

250 g	sultanas
250 g	raisins, chopped
125 g	currants
125 g	dates, chopped
100 g	mixed glacé fruit, chopped
100 g	glacé cherries
60 g	mixed peel
½ cup	brandy
250 g	butter
250 g	brown sugar
4	eggs
1 cup	flour
½ teaspoon	ground ginger
½ teaspoon	nutmeg
½ teaspoon	cinnamon
½ teaspoon	allspice
1 tablespoon	golden syrup
1 tablespoon	almond essence
1½ cups	fresh breadcrumbs
1 cup	canned apples

Method:

Place fruit in a large mixing bowl and pour over brandy. The fruit can be soaked overnight for added flavour. Cream butter and sugar in a large mixing bowl until light and fluffy. Add eggs (one at a time), beating gently after each addition. Add sifted flour and spices, golden syrup, almond essence, breadcrumbs and apples. Mix well. Add cake mixture to fruits and fold until well combined. Grease a 2.5-litre pudding bowl and line with 2 strips of greaseproof paper to form a cross in the base of the bowl. Pour mixture into the bowl and smooth over top. Cook on MEDIUM-LOW for 40 minutes. Shield edges with strips of foil secured with string, and continue to cook on MEDIUM-LOW for 30 minutes. Stand, loosely covered, for 10 minutes before serving.

Steamed Jam Pudding (T)

Serves: 4

Ingredients:

2 tablespoons	jam
100 g	butter
⅔ cup	caster sugar
2	eggs
¾ cup	self raising flour
¼ cup	milk

Method:

Spoon jam into bottom of 2-litre pyrex dish. Cream butter and sugar in a separate bowl until light and fluffy. Add eggs (one at a time), beating well after each addition. Fold in flour alternately with milk. Mix until well combined. Pour mixture over jam. Smooth top and cook on HIGH for 5 to 6 minutes. Stand covered for 5 minutes before serving.

To Cook by ONE TOUCH COOKING:

Prepare as above, cover with plastic wrap. Press **Dessert,** then **Start.**

Apricot Rice Pudding

Recipe Prompting

Serves: 4 to 6

Ingredients:

6 cups	cooked rice
1 can (400 g)	condensed milk
1½ cups	milk
2	eggs
½ cup	chopped dried apricots
½ cup	chopped pecans

Method:

Combine all ingredients in a 2-litre casserole dish. Cook on MEDIUM-HIGH for 15 to 20 minutes. Serve hot with cream or ice cream.

Apricot Honey Slice

Recipe Prompting

Makes: 1 x 18 x 28 cm Dish

Ingredients:

185 g	butter
2 tablespoons	honey
250 g	crushed honey snap biscuits
½ cup	chopped pecans
½ cup	coconut
1 cup	chopped dried apricots

Method:

Grease and line 18 x 28 cm dish. Place butter and honey in 2-litre dish. Cook on HIGH for 1 to 2 minutes. Add remaining ingredients. Stir until combined. Spread evenly into prepared dish. Refrigerate and cut into squares when cool.

American Chocolate Slice

Makes: 12 large squares

Ingredients:

125 g	butter
1 cup	flour
¾ cup	coconut
¼ cup	sugar
1 tablespoon	cocoa
1 teaspoon	bicarbonate of soda

Topping:

30 g	butter
1 cup	icing sugar
1 cup	coconut
1 tablespoon	cocoa
1½ tablespoons	water

Method:

Grease a 20 cm square dish. Place butter in mixing bowl and cook on HIGH for 1 minute. Add flour, coconut, sugar, cocoa and bicarbonate of soda. Mix well. Spread into prepared dish and cook on MEDIUM for 5 to 7 minutes.

Topping:

Cream butter and icing sugar until light and fluffy. Add coconut and cocoa. Mix well. Spread over base whilst still warm and cut into squares. Cool.

Note: The topping is of a firm consistency.

HINT:
TO SOFTEN DRIED FRUIT:
Place 1 cup dried fruit into a small bowl. Add 2 tablespoons of water. Cover with plastic wrap and cook on HIGH for 2 to 3 minutes.

Rocky Road

Makes: 1 x 20 cm square slice

Ingredients:

250 g	dark or milk chocolate
40 g	butter
250 g	packet marshmallows, halved
1 cup	unsalted peanuts
1½ cups	flaked coconut
60 g	glace cherries, halved

Method:

Melt chocolate and butter in a large bowl on MEDIUM-HIGH for 2 to 3 minutes. Add remaining ingredients and mix well. Pour into a greased 20 cm square pan. Refrigerate until set. Cut or break into pieces to serve.

Muesli Slice

Makes: 20 squares

Ingredients:

125 g	butter
½ cup	brown sugar
3 tablespoons	honey
2 cups	natural muesli
1 cup	coconut
½ cup	sultanas
50 g	dark cooking chocolate, melted

Method:

Combine butter, sugar and honey in a 2-litre dish. Cook on HIGH for 1 to 2 minutes. Add muesli, sultanas and coconuts. Mix well. Press into an 18 x 28 cm flat dish. Cook on MEDIUM-HIGH for 4 to 6 minutes. Mark into squares and and cool in dish. When cool drizzle with melted chocolate.

Date and Walnut Fudge

Makes: 25 slices

Ingredients:

250 g	sweet biscuits, crushed
50 g	walnuts, chopped
100 g	dates, chopped
2 teaspoons	cocoa
2 teaspoons	coffee powder
175 g	dark chocolate, broken into pieces
1 can (400 g)	condensed milk
1 teaspoon	vanilla essence

Method:

Grease and line 20 cm square dish. Mix biscuit crumbs, walnuts and dates in bowl. Place remaining ingredients in a separate bowl and cook on MEDIUM-HIGH for 2 to 3 minutes. Stir well. Pour melted mixture into dry ingredients and mix well. Press mixture into prepared dish. Smooth top and chill until set. Cut into squares.

Shortbread Biscuits

Makes: 24 biscuits

Ingredients:

125 g	butter
4 tablespoons	icing sugar
60 g	self-raising flour
60 g	plain flour
60 g	cornflour
1 tablespoon	milk

Method:

Cream butter and icing sugar until light and fluffy. Add flours and milk to mixture. Mix until well combined. Pinch off small amounts of mixture and roll into balls. Place approximately 8 balls at a time onto a dinner plate in a circular pattern. Cook on MEDIUM-HIGH for 1 minute and 45 seconds to 2 minutes. Allow to cool slightly before removing. Cool completely on a wire rack.

Biscuit Pie Crust

Makes: 1 x 20 cm pie shell

Ingredients:

2 cups	plain flour
125 g	butter, cut into pieces
2	eggs, lightly beaten

Method:

Sift flour into bowl, add butter and rub in until mixture resembles fine breadcrumbs. Make a well in the centre, add eggs, cutting through with a bread and butter knife, lightly knead. Roll out pastry to fit a 20 cm pie plate. Line pie plate with pastry and prick several times with fork. Weight the pastry with rice or similar to hold it flat whilst cooking. Cook on MEDIUM for 6 to 8 minutes, elevated on a small rack. Use as required.

Oatmeal Cookies

Chocolate Fudge

Makes: 1 x 20 cm square slice

Ingredients:

300 g	chocolate pieces
1 can (400 g)	condensed milk
1 cup	chopped peanuts

Method:

Grease a 20 cm square dish. Place chocolate and condensed milk in a 2-litre jug and cook on HIGH for 2 minutes. Stir. Cook on MEDIUM-HIGH for 2 minutes. Add nuts and place in prepare dish. Refrigerate and cut into squares when cold.

Chocolate and Coffee Truffles

Makes: approximately 24

Ingredients:

1 cup	icing sugar
4 tablespoons	cocoa
1 tablespoon	instant coffee powder
60 g	plain sweet biscuits, crushed
60 g	butter
1 teaspoon	vanilla essence
½ cup	condensed milk
	chocolate sprinkles

Method:

Sift icing sugar, cocoa and coffee into a bowl. Add biscuits and mix until well combined. Place butter in a small bowl and cook on HIGH for 1½ to 2 minutes. Cool butter slightly and add to dry ingredients. Mix well. Add vanilla and condensed milk. Combine until mixture is thick. Chill for 30 minutes. Pinch off pieces to form balls slightly smaller than a walnut shell. Roll in chocolate sprinkles and chill.

Oatmeal Cookies

Makes: approximately 48 cookies

Ingredients:

1 cup	brown sugar
1	egg
½ teaspoon	cinnamon
1 teaspoon	baking powder
¾ cup	plain flour
1½ cups	rolled oats
125 g	butter

Method:

Cream butter and sugar until light and fluffy. Add egg and mix well. Fold in remaining ingredients and mix well. Place teaspoon of mixture onto large greased heatproof dinner plate (approximately 6 at a time). Cook on MEDIUM-HIGH for 1¼ to 1½ minutes. Allow to cool slightly on plate before removing. Cool completely on wire rack. Repeat above procedure until all mixture is used.

Strawberry Liqueur

Makes: 750 ml

Ingredients:

500 g	sugar
500 g	washed and hulled strawberries
600 g	brandy or whiskey

Method:

Place sugar and strawberries in 4-litre dish. Stir well. Cook on HIGH for 15 minutes. Stir halfway through cooking. Stir in brandy or whisky. Pour into an airtight container. Store refrigerated for 2 to 3 months. Serve in liqueur glasses or as a tall drink with ice cubes and soda water.

Coffee Liqueur

Makes: 750 ml

Ingredients:

1½ cups	hot tap water
2 cups	sugar
⅓ cup	freeze dried coffee
3 teaspoons	vanilla essence
2 cups	vodka

Method:

Pour water into 4-litre casserole dish. Add remaining ingredients (except vodka) and stir well. Cook on MEDIUM for 30 to 35 minutes. Cool slightly and mix in vodka. Pour into an airtight container and stand 4 days before serving. Serve in liqueur glasses.

Irish Coffee

Makes: 1

Ingredients:

¾ cup	ready made coffee
1	nip whisky
	whipped cream

Method:

Place coffee and whisky in a cup. Heat on HIGH for 1½ to 2 minutes, until nearly boiling. Pipe whipped cream on top and serve.

Note: 2 cups will take approximately 3 minutes to heat.

HINT:
STEAMED HAND TOWELS :
For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on a plate. Heat on HIGH for 1 to 2 minutes.

Spicy Chocolate Drink

Spicy Chocolate Drink

Serves: 2

Ingredients:

2 teaspoons	coffee powder
2 teaspoons	drinking chocolate
½ teaspoon	cinnamon
2 teaspoons	sugar
2 cups	milk

Method:

Blend coffee, drinking chocolate, cinnamon and sugar in a 4-cup heatproof jug. Gradually stir in milk. Cook on MEDIUM for 6 minutes. Pour into coffee mugs. Decorate with whipped cream or marshmallow, if desired.

Peppermint Cooler

Serves: 4

Ingredients:

3	peppermint tea bags
4 cups	cold water
	juice of ½ lemon
	ice blocks
4 slices	lemon or lime
	mint leaves to garnish

Method:

Place tea bags and water in large jug. Cook on HIGH for 10 to 12 minutes. Stand for 2 to 3 minutes, then discard tea bags. Cool. Add lemon juice. Refrigerate until well chilled. Serve in long glasses with ice blocks. Garnish with lemon or lime slices and mint leaves.

Stirred Custard

Lemon Butter

Makes: 1 cup (250 ml)
Ingredients:

½ cup	lemon juice
1 tablespoon	lemon rind
⅓ cup	sugar
3	egg yolks
1 tablespoon	butter
1 tablespoon	cornflour

Method:
Blend all ingredients in a 4-cup glass jug. Cook on MEDIUM for 4-5 minutes, stirring every minute. Pour into hot sterilised jars and seal immediately.

Tomato Chutney

Makes: 3 cups (750 ml)
Ingredients:

250 g	onion, finely chopped
1.5 kg	ripe tomato, skins removed and chopped
1 teaspoon	salt
1 teaspoon	paprika
	pinch cayenne pepper
150 ml	malt vinegar
175 g	sugar

Method:
Place onions in a 3-litre dish. Cover and cook on HIGH for 4 to 5 minutes. Add tomatoes. Cover and cook on HIGH for 5 to 6 minutes. Add salt, spices and vinegar. Stir well. Cook on HIGH for 10 minutes, stirring halfway through. Add sugar, stir well and cook on HIGH for 35 to 40 minutes. Stirring occasionally. Pour into sterilised jars and seal.

Stirred Custard

Makes: Approximately 400 ml
Ingredients:

3 tablespoons	sugar
2 tablespoons	custard powder
1½ cups	milk
2	egg yolks, lightly beaten
1 teaspoon	vanilla essence

Method:
Combine sugar and custard powder in 4-cup jug. Gradually stir in milk until smooth. Cook on MEDIUM for 4 to 5 minutes, stirring halfway through cooking. Add egg yolks and mix well. Cook on MEDIUM for a further 30 to 60 seconds. Add vanilla, stir well and serve.

Fruit Mince

Serves: 4
Ingredients:

250 g	mixed dried fruit
1 can (440 g)	crushed pineapple and juice
1	cooking apple peeled, cored and grated
1 cup	brown sugar
1 tablespoon	brandy
1 teaspoon	nutmeg
1 teaspoon	cinnamon
1 tablespoon	cornflour
¼ cup	water

Method:
Combine all ingredient (except cornflour and water) in a 2-litre casserole dish. Cook on MEDIUM-HIGH for 3 to 5 minutes. Blend cornflour with water and stir into fruit mixture. Cook on HIGH for 4 to 6 minutes. Stir. Cool. Bottle and seal or use immediately.

Cucumber Pickle

Ingredients:

2	cucumbers
2	onions, chopped
2 tablespoons	salt
250 ml	malt vinegar
⅔ cup	sugar
½ teaspoon	celery seeds
½ teaspoon	mustard seeds

Method:
Wash cucumbers and remove ends, dice (do not peel). Place diced cucumber in bowl. Add onion and sprinkle with salt. Stand overnight. Rinse and drain cucumbers and onions. Pack into sterilised jars. Place remaining ingredients in a jug and cook on HIGH for 2 minutes. Stir and cook on HIGH for a further 5 minutes. Pour liquid over cucumber and seal. Keep for 4 weeks before opening.

Cheese Sauce

Makes: 1½ cups

Ingredients:

40 g	butter
2 tablespoons	flour
1 cup	milk
½ cup	grated cheese

Method:

Melt butter in a 1-litre jug on HIGH for 30 seconds. Add flour and mix well. Gradually stir in milk. Cook on HIGH for 2 to 3 minutes. Add cheese and cook on HIGH for a further 1 to 2 minutes. Stir and serve with vegetables of your choice.

Caramel Sauce

Makes: 2-cups

Ingredients:

1 can (440 g)	condensed milk
¼ cup	brown sugar
2 tablespoons	golden syrup
300 ml	cream

Method:

Combine condensed milk, brown sugar and golden syrup in 1-litre jug. Mix well. Cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Add cream and stir until combined. Serve over ice cream.

Chocolate Macadamia Nut Sauce

Makes: Approximately 1-cup

Ingredients:

200 g	dark chocolate
300 ml	cream
¼ cup	macadamia nuts, chopped finely

Method:

Place chocolate and cream in a 500 ml pyrex jug. Melt on HIGH for 1 to 2 minutes. Add nuts and serve hot over ice cream.

Apple Spread

Makes: 1½ cups

Ingredients:

6	medium apples, peeled and grated
¼ cup	water
1 cup	caster sugar
2 tablespoons	lemon juice

Method:

Place apples and water in a 3-litre casserole dish. Cook covered on HIGH for 6 to 7 minutes, stirring once during cooking. Add sugar and lemon juice. Cover and cook on HIGH for 14 to 16 minutes. Allow to cool, then puree until smooth. Pour into clean sterilised jars and seal.

Jam

Sweet Apricot Jam

Makes: Approximately 1 litre

Ingredients:

750 g	dried apricots, cut in quarters
1.8 litres	water
1.3 kg	sugar
2 tablespoons	pectin

Method:

Place apricots and water in 4-litre casserole dish. Cover and allow to stand overnight. Add sugar to apricots and water. Cover and cook on HIGH for 25 to 30 minutes, stirring halfway through cooking. Remove lid, add pectin, stir well. Cook on HIGH for a further 25 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

Rich Chocolate Sauce

Makes: 1¼ cups

Ingredients:

200 g	chocolate pieces
300 ml	cream

Method:

Combine chocolate and cream in a 1-litre jug. Cook on HIGH for 2 minutes. Mix well. Serve over ice cream.

Sweet Berry Sauce

Makes: Approximately 2 cups

Ingredients:

½ cup	caster sugar
½ cup	water
500 g	berries
2 tablespoons	water
1 tablespoon	cornflour

Method:

Combine sugar and water in 3-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add berries and cook on HIGH for 3 to 4 minutes. Blend water and cornflour. Mix into berry sauce. Cook on HIGH for 2 minutes. Serve hot or cold with ice cream.

Spaghetti Meat Sauce (T)

Serves: 4 to 6

Ingredients:

500 g	minced beef
1	onion, chopped
1 teaspoon	minced garlic
1 can (425 g)	tomatoes
1 cup	tomato paste
2	beef stock cubes
1 tablespoon	dried mixed herbs
1 tablespoon	worcestershire sauce
	pepper

Method:

Combine all ingredients in 3-litre casserole dish. Cook on HIGH for 7 to 8 minutes, stir. Cook on MEDIUM-HIGH for 14 to 18 minutes. Stirring halfway through cooking. Serve with spaghetti.

To Cook by ONE TOUCH COOKING:

Prepare as above, cover with plastic wrap. Press Meat Sauce, then Start.

Hollandaise Sauce

Makes: ¾ cup

Ingredients:

60 g	butter
2 tablespoons	lemon juice
2	egg yolks
¼ cup	cream
½ teaspoon	mustard
¼ teaspoon	salt

Method:

Place butter in a 2-cup jug. Cook on HIGH for 40 seconds. Add lemon juice, egg yolks and cream. Mix well. Cook on MEDIUM for 60 to 90 seconds. Add mustard and salt, mix until smooth. Serve with eggs, vegetables or fish dishes.

Mint Sauce

Makes: Approximately ¼ cup

Ingredients:

¼ cup	water
1 tablespoon	sugar
2 tablespoons	brown vinegar
2 tablespoons	mint, finely chopped

Method:

Combine all ingredients in a 1-cup jug. Cook on HIGH for 30 to 60 seconds. Stir well and serve with Roast Lamb.

HINT:

COOKING SAUCES:

When making some sauces in the microwave oven, less liquid may be needed as less evaporation occurs with a shorter cooking time.

Creamy Bacon Sauce

Makes: Approximately 300 ml

Ingredients:

1	onion, chopped
3	bacon rashers, chopped
1 teaspoon	minced garlic
300 ml	cream
¼ cup	parmesan cheese
	pepper
2 tablespoons	chopped fresh parsley

Method:

Place onion, bacon and garlic in 2-litre casserole dish. Cook on HIGH for 4 to 5 minutes. Add cream, parmesan cheese and parsley. Mix well. Cook on HIGH for 3 to 4 minutes.

Lemon Sauce

Makes: 250 ml

Ingredients:

1 tablespoon	butter
½ cup	sugar
1 cup	water
2 tablespoons	cornflour
½ teaspoon	grated lemon rind
2 tablespoons	lemon juice

Method:

In a 4-cup glass jug, heat butter on HIGH for 20 to 30 seconds. Stir in sugar, water, cornflour, lemon rind and juice. Mix well. Heat on HIGH for 3 to 4 minutes, stirring after cooking. Serve hot with chicken pieces or pork.

Mushroom Sauce

Makes: 1½ cups

Ingredients:

3 tablespoons	margarine or butter
2 tablespoons	flour
1 teaspoon	soy sauce
¾ cup	cream
1 can (190 g)	drained mushrooms
	or fresh mushrooms, sliced
½ teaspoon	curry powder
	salt and pepper to taste

Method:

Place butter or margarine in 4-cup glass jug. Cook on HIGH for 40 seconds. Add flour and soy sauce. Blend to a smooth paste. Add cream and stir until smooth. Add seasonings and mushrooms. Cook on HIGH for 2 to 3 minutes, stirring every minute. Serve on toast or as accompaniment to meats. Sauce can be reheated on HIGH for 30 to 60 seconds.

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Before Requesting Service

THESE THINGS ARE NORMAL:

The oven causes interference with my TV.	Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryers, etc. It does not indicate a problem with your oven.
The oven light dim.	When cooking with a power other than HIGH, the oven must cycle to obtain the lower levels. The oven light will dim and clicking noises can be heard when the oven cycles.
Steam accumulates on the oven door and warm air comes from the oven vents.	During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal.
I accidentally ran my microwave oven without any food in it.	Running the oven empty for a short time will not damage the oven. However, we do not recommend this.

PROBLEM	POSSIBLE CAUSE	REMEDY
Oven will not turn on. →	The oven is not plugged in securely.	Remove plug from outlet, wait 10 seconds and re-insert.
	Circuit breaker or fuse is tripped or blown.	Reset circuit breaker or replace fuse.
	There is a problem with the outlet.	Plug another appliance into the outlet to check if the outlet is working.
Oven will not start cooking →	The door is not closed completely.	Close the oven door securely.
	Start Pad was not pressed after programming.	Press ***Start*** Pad.
	Another programme has already been entered into the oven.	Press ***Stop/Reset*** Pad to cancel the previous programme and programme again.
	The programme has not entered correctly.	Programme again according to the Operating Instructions.
	Stop/Reset Pad has been pressed accidentally.	Programme oven again.
The words "DEMO MODE"* appear on the screen. →	***Clock*** Pad has been pressed three times.	Deactivate mode by pressing ***Clock*** Pad three times.
When the oven is turning on, there is noise coming from Glass Tray. →	Roller Ring and oven bottom are dirty.	Clean these parts according to Care of your Oven (See next page).

*DEMO MODE is designed for retail store display.
Cooking and other functions will not operate during demo mode.
If it seems there is a problem with the oven, contact an authorised Service Centre.

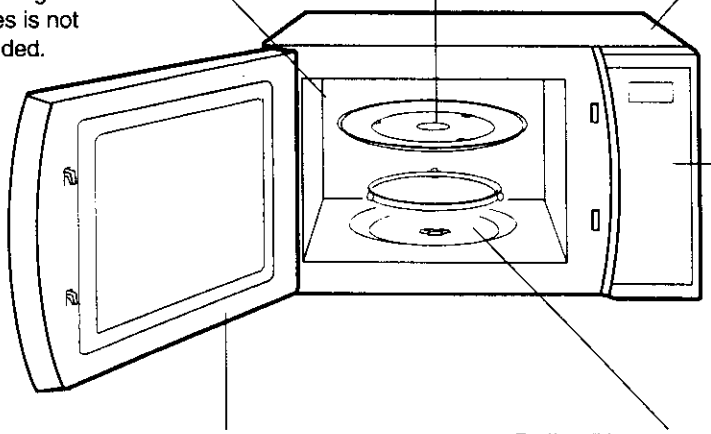
BEFORE CLEANING:
Unplug at socket of the oven. If impossible, leave oven door open to prevent oven from accidentally turning on.

AFTER CLEANING:
Be sure to replace Roller Ring and Glass Tray in the proper position and press ***Stop/Reset*** Pad to clear the Display Window.

Inside of the oven:
Wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended.

Glass tray:
Remove and wash in warm sudsy water or in a dishwasher. If grease accumulates, clean with a nonabrasive nylon mesh scouring pad and a nonabrasive cleanser.

Outside oven surfaces:
Clean with a damp cloth. To prevent damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.



Control Panel:
- Covered with removable protective film to prevent scratches during shipping. Small bubbles may appear under this film. When this happens, remove film carefully. (Hint - apply masking or clear tape to an exposed corner and pull gently to remove.)
- If the control panel becomes wet, clean with soft dry cloth. Do not use harsh detergents or abrasives on the control panel.

Oven Door:
Wipe with a soft cloth when steam accumulates inside or around the outside of the oven door. This may occur when the microwave oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.

Roller Ring and oven cavity floor:
Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. Roller Ring may be washed in mild sudsy water or dishwasher. These areas should be kept clean to avoid excessive noise.

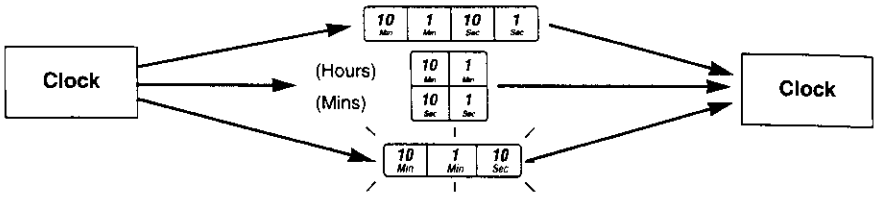
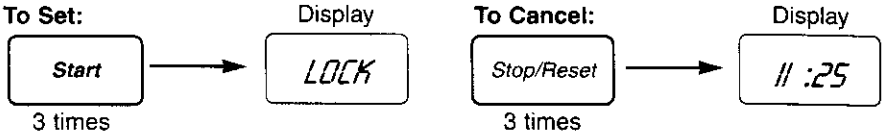
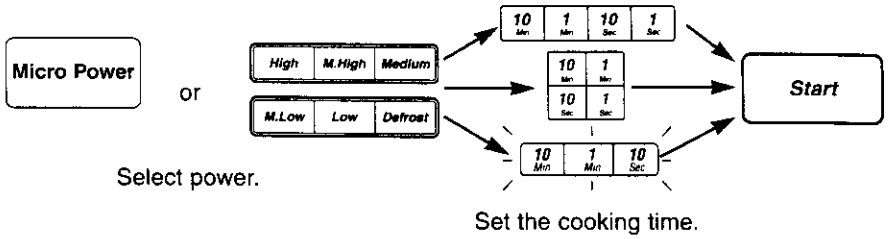
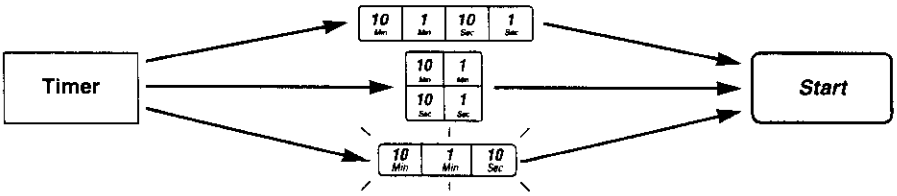
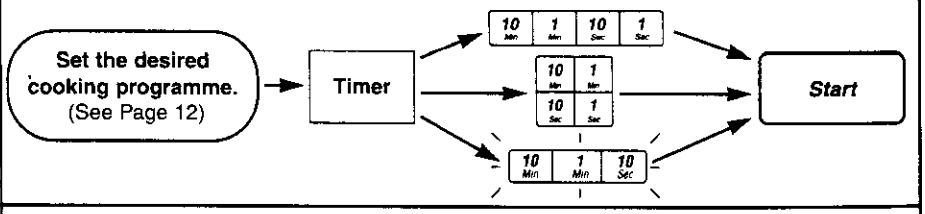
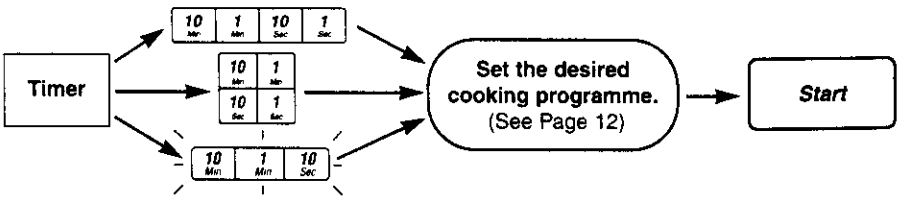
Technical Specifications

	NN-S786		NN-S686/NN-S676/NN-S687 NN-S646/NN-T687		NN-S576/NN-S566 NN-S546	
Power Supply*	220V 50 Hz	230V-240V 50 Hz	220V 50 Hz	230V-240V 50 Hz	220V 50 Hz	230V-240V 50 Hz
Power consumption	1660 W 7.9 A	1600 W 7.0 A	1630 W 7.6 A	1600 W 7.0 A	1450 W 6.9 A	1400 W 6.2A
Output**	1000 W		1000 W		930 W	
Outside dimensions (H x W x D)	356 x 595 x 415 mm		306 x 555 x 425 mm		306 x 510 x 360 mm	
Oven cavity dimensions (H x W x D)	259 x 415 x 385 mm		~~220~~ x 375 x 395 mm 201		~~220~~ x ~~358~~ x ~~338~~ mm 200 · 330 · 330	
Operating Frequency	2,450 MHz		2,450 MHz		2,450 MHz	
Trim Kit	NN-TK792		NN-TK652A (White) NN-TK682A (Black)	NN-TK687S (Stainless)	NONE	
Trim kit cabinet opening	632 x 440 mm		562 x 380 mm	575 x 389	NONE	
Uncrated weight	Approx 18.0 kg		Approx. 17.2 kg		Approx. 15.3 kg	

* Voltage requirement may differ by country. Check your identification plate for power supply voltage required.
** IEC 705-88 Test Procedure.
Specifications subject to change without notice.

Quick Guide to Operation

ALL MODELS

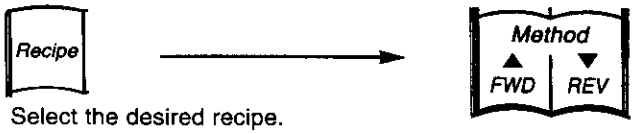
Feature	How to Operate
To Set Clock (☞page 10)	
To Set / Cancel Child Safety Lock (☞page 11)	
To Cook / Reheat/ Defrost by Micro Power and Time Setting (☞page 12)	
To Use as a Kitchen Timer (☞page 28)	
To Set Standing Time (☞page 28)	
To Set Delay Start (☞page 28)	

Only for Models NN-S786 / NN-S686 / NN-S676 / NN-S576 / NN-S646 / NN-S687 / NN-T687

To Defrost in "Auto Defrost" Pad (☞page 14)	

Quick Guide to Operation

Only for NN-S786 / NN-S686 / NN-S676 / NN-S646 / NN-S687 / NN-T687

To Use "Recipe Prompting" (☞page 29)	 Select the desired recipe.

Only for NN-S786 / NN-S686 /NN-S676 / NN-S576 / NN-S687 / NN-T687

To Cook using "One Touch Cooking" Pads (☞page 22)	Press the desired food category pad. (e.g. 9 Chicken, 10 Beef) → Start Press the desired food category pad.
To Reheat using "Sensor Reheat" Pad (☞page 23)	Sensor Reheat → Start

Only for NN-S566 / NN-S546

To Cook/Reheat using "Auto Menu" Pads (☞page 16-17)	Press the desired food category pad. Auto Menu / Vegetables → Serving/Weight ▲ ▼ → COOKING GUIDE → Start

Only for NN-S646

To Reheat using "Auto Reheat" Pad (☞page 27)	Auto Reheat → Start Select the desired weight.

Only for NN-S566 / NN-S546

To Defrost using "Auto Defrost" Pad (☞page 14)	Auto Defrost (3 categories) → Serving/Weight ▲ ▼ → Start Select one of 3 — Set weight

Only for NN-S576 / NN-S566 / NN-S546

To Cook with "Cooking Guide" After Selecting Food Category (☞page 16)	COOKING GUIDE → ▲ FWD ▼ REV Instructions Scroll across Display Window.